

Tsunami Swimming Learn to Swim Program

2011-2012

All classes are held at Fredericksburg Academy Pool



Sunday Ages 5 and up, not yet able to swim a length of the pool.

Classes are held on SUNDAY afternoon - \$56 for six classes

Session 1: September 11, 18, 25, October 2, 9, 16

Session 2: October 23, 30, November 6, 13, 20, December 4

Session 3: January 8, 15, 22, 29, February 5, 12

Session 4: February 19, 26, March 4, 11, 18, 25

Session 5: April 1, 15, 22, 29, May 6, 20,

TIMES: Please see skill sheet on back to determine skill level & class time.

4:00 - 4:30 Step 1 and 2

4:40 - 5:10 Step 3 and 4

5:20 - 5:50 Steps 5, 6 and Adult

CLASSES FILL QUICKLY- SO PLEASE REGISTER EARLY!!

➤ **Register by mail** Make checks payable to: TSUNAMI SWIMMING

Mail to: Tsunami Swimming 365 Belle Plains Rd. Falmouth VA 22405

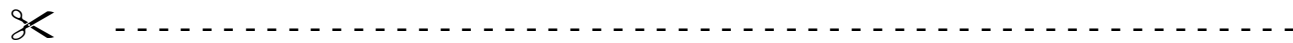
➤ **Register online at** www.TsunamiSwimming.org

➤ **Questions?** 540-371-4369 **email:** SwimCoachPeter@yahoo.com

Need-based financial assistance is available

Paid amount _____ date _____ Check # _____

Keep the top part for your records. Detach and submit the bottom part with your payment.



Please register these swimmers for **Learn to Swim**

Swimmer's Name _____	Age _____	Level _____	Time _____	Session _____
Swimmer's Name _____	Age _____	Level _____	Time _____	Session _____
Swimmer's Name _____	Age _____	Level _____	Time _____	Session _____
Swimmer's Name _____	Age _____	Level _____	Time _____	Session _____

Parent Name _____ Phone _____ email _____

Please complete an information card for each NEW swimmer. These are available at the pool.

Tsunami Swimming

Learn to Swim Program - Skill Steps

Step One

Swimmers are brand new to lessons, and all skills are supported. Instructors work on water adjustment to help participants become comfortable in the water. The biggest focus in this step is getting used to going underwater.

Step Two

These swimmers will go underwater but cannot swim freestyle or backstroke for more than 5 meters. More emphasis is placed on independence in the water. Participants will work on floating and kicking skills, and must be able to swim five meters of freestyle and backstroke to pass.

Step Three

These swimmers can swim and float on their own, begin learning the basics of breathing and can swim more than 5 meters unassisted. In this level participants gain more confidence through jumping in unassisted, perfecting their gliding and floating skills, and starting the basics of stroke technique.

Step Four

These swimmers can kick the length of the pool with a kickboard, swim 10 meters on front and back, jump into deep water and swim to the side unassisted. Instruction will focus on rhythmic breathing and building endurance. To pass this level, participants must swim half of the pool length on both their front and back, and be able to kick the length of the pool unassisted.

Step Five

Swimmers must be able to swim half the length of the pool unassisted. In this step, swimmers learn bilateral breathing and start to learn dives from the side of the pool. Endurance levels increase as swimmers get practice kicking the length of the pool. Breaststroke kick is also introduced.

Step Six

This is the last step in Learn to Swim. Participants work on endurance and breathing to be able to swim the length of the pool without stopping and while showing proper technique. They learn kneeling and standing dives as well as continued work with breaststroke kick.