

# The Windsor Club Pool

## 2016 Swimming Lessons

Swimming lessons are open to both full members and wait list members. The following is an overview of the American Red Cross swimming lessons offered and the schedule. Stroke development assessments will be presented at the end of each week.

### Swim Level Evaluations

If you are unsure of your child's level, we will be holding swim level evaluations in mid-June. This is a swim level evaluation only. After the evaluation is over (~2 minutes) the swimmer must exit the water unless s/he is a full member. Dates/times for swim level evaluations to be emailed in May.

### Lesson Schedules

During any one-week session, your child will have the same instructor each day. At all levels, at least 10 skills are taught. The following is a list of times the various levels will meet:

**9:00 - 9:30** Level V & above  
**9:30 - 10:00** Level III & Level IV  
**10:00 - 10:30** Level II  
**10:30 - 11:00** Level I

This year, there will be 7 sessions, starting the week of June 20:

<b>Session 1</b>	<b>June 20-June 24</b>	<b>Session 5</b>	<b>July 18 – July 22</b>
<b>Session 2</b>	<b>June 27 – July 1</b>	<b>Session 6</b>	<b>July 25 – July 29</b>
<b>Session 3</b>	<b>July 5 – July 8</b>	<b>Session 7</b>	<b>Aug 1 - Aug 5</b>
<b>Session 4</b>	<b>July 11 – July 15</b>	<b>Notes: Session 1 is for levels 1 and 2 only. Session 3 is 4 days rather than 5.</b>	

### Registration & Payment

- **REGISTRATION:** A link to register will be emailed in May
- **COST:** \$50 for full pool members & \$70 for other Club members, including wait list members
- Sessions filled on a first-come, first-served basis
- Participants must be at least 3 years old to enroll in lessons
- Cancellations (without charge) will be accepted with at least two week's notice to the Pool Director (contact info below)
- Billing for group swim lessons will appear on your September statement

**Private Lessons:** The swim instructors are available for private swim lessons before or after their guard shifts. Appointments should be made directly with the desired guard, and the fee is **\$30 per half hour**,

payable at the lesson. These lessons can be arranged directly with the Water Safety Instructors (WSI). They are listed on the bulletin board in the pool area.

**Bad Weather:** Lessons will be held each weekday, in all weather conditions. If, due to bad weather, we are unable to use the pool, we will practice land skills (for older groups) or play games in the main room if no other activity is taking place.

**Additional Swim Time:** This year, we will continue the additional swim period after lessons. From 11 am to 12 noon only, all children who have participated in that day's lessons may continue to use the pool with their families (no pass required).

## **American Red Cross Learn-to-Swim**

Our Learn-to-Swim offers something for everybody. Our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

## **Lesson Descriptions**

### **Level I: Introduction to Water Skills**

Purpose: Helps students feel comfortable in the water. Level 1 participant's learn to—

- Enter and exit water safely.
- Submerge mouth, nose and eyes.
- Exhale underwater through mouth and nose.
- Open eyes underwater, pick up submerged object.
- Change direction while walking or paddling.
- Roll over from front to back and back to front with support.
- Explore floating on front and back with support.
- Explore swimming on front and back using arm and leg actions with support.
- Use a life jacket.

### **Level II: Fundamental Aquatic Skills**

Purpose: Gives students success with fundamental skills. Level 2 participants learn to—

- Enter water by stepping or jumping from the side.
- Exit water safely using ladder or side.
- Submerge entire head.
- Blow bubbles submerging head in a rhythmic pattern (bobbing).
- Open eyes under water, pick up a submerged object in shallow water.
- Float on front and back.
- Perform front and back glide.
- Change direction of travel paddling on front or back.
- Roll over from front to back, back to front.

- Tread water using arm and leg motions (chest-deep water).
- Swim on front, back, and side using combined arm and leg actions.
- Move in the water while wearing a life jacket.  
(In level 2, the swimmer must be able to swim on their own)

**The participants need to be able to swim on their own at this level.**

### **Level III: Stroke Development**

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to—

- Jump into deep water from the side.
- Dive from kneeling or standing position.
- Submerge and retrieve an object in chest deep water.
- Bob with the head fully submerged.
- Rotary breathing in horizontal position.
- Perform front and back glide using two different kicks.
- Float on front and back in deep water.
- Change from horizontal to vertical position on front and back.
- Tread water using hand and leg movements.
- Perform front and back crawl.
- Butterfly—kick and body motion.
- Perform the HELP and Huddle position.

### **Level IV: Stroke Improvement**

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to—

- Perform a dive from a standing or stride position.
- Swim underwater.
- Perform feet-first surface dive.
- Perform open turns on front and back.
- Tread water using sculling arm motions and with different kicks.
- Perform the following:
  - Front and back crawl
  - Breaststroke
  - Butterfly
  - Elementary backstroke
- Swim on side using scissors-like kick.
- Perform compact jump into water from a height while wearing a life jacket.

### **Level V: Stroke Refinement**

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

- Perform the following:
  - Standing dive
  - Shallow dive, glide two body lengths and begin any front stroke
  - Tuck surface dive
  - Pike surface dive

- Front flip turn
- Backstroke flip turn
- Front and back crawl
- Butterfly
- Breaststroke
- Elementary backstroke
- Sidestroke
- Tread water with two different kicks
- Learn survival swimming

### **Level VI: Swimming and Skill Proficiency**

Purpose: Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimmer

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**Questions?** Contact the Pool Director, Gary DeMayo (617-527-9877, [garybills11@comcast.net](mailto:garybills11@comcast.net)).