

STAFFORD HILLS CLUB

FALL 2017 GROUP SWIM LESSONS

TUESDAYS &
THURSDAYS

SEPTEMBER 12TH-
OCTOBER 5TH

\$90/MEMBER
\$130/GUEST

PRESCHOOL 1

4:30PM-4:55PM

AGES 3-4

Intro to water, breath control, blowing bubbles, submersion, locomotion floats & glides.

PRESCHOOL 2

5:00PM-5:25PM

AGES 4-5

Work on unassisted floats or with slight assistance. Focus on kicking, arm strokes & swimming across the pool.

PRESCHOOL 2/3

5:00PM-5:25PM

AGES 4-5

Continued work on front crawl (freestyle), unsupported front/back floats and glides. Elementary backstroke introduced, rolling over, treading in chest deep water. Total submersion with eyes open & retrieving objects from underwater.

LEVEL 1

WATER EXPLORATION

5:30PM-5:55PM

AGES 5+

Child may or may not be comfortable in the water. Focus on submersion, and front & back floating. Introduction to rhythmic breathing, treading water, rotary arm movements and kicking.

LEVEL 2

BASIC SWIM SKILL

5:30PM-5:55PM | 6:00PM-6:25PM

AGES 5+

Work on front crawl (freestyle), unsupported front/back floats & glides. Elementary backstroke as well as rolling over, treading in chest deep water. Total submersion with eyes open & retrieving objects underwater.

LEVEL 3

STROKE TECHNIQUE

6:00PM-6:25PM

AGES 5+

Child is able to swim 25 yards freestyle. Continue stroke techniques for freestyle, backstroke & elementary backstroke. Introduction to sidestroke, butterfly, breaststroke (up to 15 yards), diving, changing directions & front/back turns.

MEMBER REGISTRATION OPENS AUGUST 22ND | GUEST REGISTRATION OPENS SEPTEMBER 1ST
SIGN UP ON THE STAFFORD HILLS APP OR CALL 503.612.2400

