

Why Penguin Swim Lessons?

The Penguin Swim Team continues to be well known for its outstanding swim lesson program and swim team.

Our program emphasizes comfort and safety in and around the water. We offer smaller class sizes, and instruction by advanced, competitive swimmers. The skills taught in our classes are based on USA Swimming standards, and instructors and aids are either USA Swimming certified coaches, or under the supervision of USA Swimming certified coaches. Individual attention and instruction based on ability/need will be given daily to all swimmers.

Our lesson program consists of three two week sessions (M-F). Lessons are provided 30 minutes each day. Learning new techniques and improving already learned skills is emphasized daily.

The last Friday of each session is Parent Day. Parents are encouraged (but not required) to participate by getting in and swimming with their child. An award displaying the child's progress is given on the last day of each session.

Class Levels and Descriptions

Starfish (Parent and Tot)

- Parents assisted in safely working with their child in the water
- Emphasis on children becoming comfortable in the water.
- Introduction to safe water entry and exit
- Basic water safety skills
- Bubble blowing techniques
- Assisted floating on front and back

Sea Turtles

- Basic Water Safety
- Safe water entry and exit
- Front and back float with assistance
- Basic arm movement
- Assisted flutter kicking
- Comfort in and around water
- Submersion (if swimmer is ready)

Otters

- Water safety
- Submersion and retrieving submerged objects
- Unsupported stomach and back float
- Flutter kicking (on stomach and back)
- Introduction of the fundamentals of freestyle and backstroke
- Proper breathing techniques
- Treading water
- Jumping into the water with assistance

Dolphins

- Water safety
- Jumping in and returning to the side
- Unassisted front and back glide and streamline
- Fundamentals of freestyle and backstroke
- Side breathing
- Introduction of the fundamentals of breaststroke
- Treading water

Killer Whales

- Water Safety
- Side breathing
- Advanced freestyle and backstroke fundamentals
- Fundamentals of breaststroke
- Diving
- Underwater swimming
- Basic turns
- Introduction of the fundamentals of butterfly
- Work towards completing 25 yards of freestyle

Sharks

- Water safety
- Refining of racing dives
- Fundamentals of open turns and flip turns
- Underwater swimming
- Preparation for competitive swimming
- Emphasis on refining stroke technique on all four strokes: freestyle, backstroke, breaststroke & butterfly

Penguin Swim Lessons Registration Summer 2011

Swimmer's Name: _____

Age: _____ Date of Birth: _____

Parent Name: _____

Phone # _____

Address _____

City _____ State _____

Zip code _____

E-mail _____

Does your swimmer have Medical Limitations?

Yes _____ No _____

If yes, please check any that apply:

Epilepsy _____ Asthma _____ Heart _____

Ear _____ AD(H)D _____ Other _____

Please explain _____
