



Aquatic & Fitness Center
30 CHESTERFIELD RD, EAST LYME, CT

Swimming Lessons

Monday Classes 5:00 or 5:30, November 7 - December 12, 2022 (6 classes)

Thursday Classes 5:00 or 5:30, November 3 - December 15, 2022 (6 classes)

****No class Thursday, November 24, 2022***

Cost: \$100 per student per session

Beginner Level:

Preschool (ages 3-4):

Objectives: Wet face, Blow Bubbles, Back float, Front glide

Preschool aquatics are an exciting experience but can also be stressful being put in a new environment. Our instructors work hard to make the class fun and welcome all of the participants. Each participant is challenged to try new skills with the focus being on floating, motor skills in the water, and water adaptation. Advanced students are taught to push off the wall and glide on their stomachs and on their backs. Air exchange is a vital part of this class and time is spent learning how to inhale and exhale on a rhythmic basis. As they progress through the session kicking will be covered in more detail.

Beginner 1 (ages 5+):

Objectives: Bobs, Back/front floats, Back/front glides, Back/front glides with kick

Beginner 1 is the beginner class for participants who have never taken swim lessons before or have not completed the graduation requirements to advance to Intermediate 1. Students in Beginner 1 will learn how to float on their backs unassisted, properly exchange air in and out of the water, submerge under water, and float on their front with assistance. We continue to work on independence in the water. Students will progress to learn how to push off the wall in a "streamline" position on their front and on their back. The goal is to be comfortable pushing off from the wall and gliding without panic.

Intermediate Level:

Intermediate 1 (ages 4+):

Objectives: Bobs, Kicking, Back/front glides with kick, Body rolls - back to front, front to back, Intro freestyle, Streamline kick

Intermediate 1 builds upon the independence that was learned in Beginner 1. Participants will work on the correct kicking motion and incorporating that kick into front and back glides. Once students are moving back and forth in the lane, primarily unassisted, with front glides and back glides, they are taught how to roll into the water. We then introduce arm movement in the form of strokes. The goal is for participants to learn how to take a stroke correctly and then start linking more than one stroke together.

Advanced Level:

Advanced 1 (ages 5+):

Objectives: Streamline kick back and front, Freestyle, Bilateral breathing, Backstroke, Breaststroke kick, Butterfly kick.

Advanced 1 teaches rhythmic and bilateral breathing for the front crawl and how to breathe on the side rather than rolling all the way on to the back. Swimming distance is increased gradually in this level. Backstroke is introduced and taught through progressions.

Further sessions of lessons will be held as follows:

Monday Classes 5:00 or 5:30, January 2 - February 13, 2023 (6 classes)

Thursday Classes 5:00 or 5:30, January 5 - February 9, 2023 (6 classes)

****No class Monday, January 16, 2023***

Monday Classes 5:00 or 5:30, February 27 - April 3, 2023 (6 classes)

Thursday Classes 5:00 or 5:30, February 23- March 30, 2023 (6 classes)

Monday Classes 5:00 or 5:30, April 17 - May 22, 2023 (6 classes)

Thursday Classes 5:00 or 5:30, April 20 - May 25, 2023 (6 classes)

[Register Here](#)