

SWIM CLASS DESCRIPTION

Learn to Swim Program 8 (25 minute) Lessons - \$60.00 Located at Melvin Ford Aquatic Center in Bentonville

Course Descriptions:

Beginning Preschool: Become comfortable with the water and enjoy it safely. Basic safety and swimming skills include: pool entry and exit, submerging mouth, nose and eyes, bubble blowing, supported front and back float, treading, rolling and beginning front and back crawl.

Advanced Preschool: Introduces submerging entire head (bobs), rhythmic bubble blowing, unsupported front and back float, treading, front and back crawl using any variation of alternating arm and leg actions.

Level 1: Become comfortable with the water and enjoy it safely. Basic safety and swimming skills include: pool entry and exit, submerging mouth, nose and eyes, bubble blowing, supported front and back float, treading, rolling and beginning front and back crawl.

Level 2: Introduces submerging entire head (bobs), rhythmic bubble blowing, unsupported front and back float, treading, front and back crawl using any variation of alternating arm and leg actions.

Level 3: Introduces jumping into deep water, learning side breathing for front crawl, front and back glide with 2 different kicks, treading in deep water, front and back crawl for 15 yards.

Level 4: Introduces deep dive from side in compact or stride position, swimming underwater, breath control, treading water with scissors, breaststroke, rotary kicks, front and back crawl for 25 yards, elementary backstroke, and side swimming with scissor kick.

Level 5: Introduces shallow dive from side, truck and pike surface dive, survival float, flip turns from front and back positions, front and back crawl for 50 yards, butterfly, breaststroke, backstroke, and sidestroke for 25 yards.

Private Swim Lessons: Get one on one time with a swim instructor. Price on Private Lessons: \$20 per lesson – Minimum 1 Session (4 Lessons \$80).