

Cardinal Hill Group Swim Lessons

Class Details

Pre-Lesson Evaluation: June 21

Session 1: June 22 - July 2

Session 2: July 5 - July 15

Session 3: July 19 - July 29

Mini Meet: July 30 (10am)

Cost: \$80 per session

Sessions: There will be 9 days of lessons per session

Time: All lessons will take place from 10:30am - 11:00am each day

Mini Meet on July 30: All swimmers from Sessions 1, 2, & 3 are welcome to attend

Levels of Instruction

Please register for the level of instruction that you feel best describes your swimmer. Please note that certified instructors will be evaluating your swimmer(s) to determine final placement. For Levels 1 & 2 we will strive to achieve a 3 swimmers per 1 instructor ratio (3:1). For Levels 3 & 4 we will strive to achieve a 4 swimmers per 1 instructor ratio (4:1).

LEVEL 1: PRE-BEGINNER

- Students will be acclimated to the water in a safe environment
- May or may not put their face in the water (will learn in class)
- Learn to kick & float with instructor assistance

LEVEL 2: BEGINNER

- Swimmer must be able to submerge head & face in water before entering this level
- Begin working on fundamentals: floating, kicking, arm movement, successful forward progress

LEVEL 3: NOVICE

(teaching basic front crawl & backstroke- some will get breathing, some won't)

- Students should be comfortable in main pool shallow water
- Refine strokes to be effective & efficient swimmers- freestyle, backstroke, learn rhythmic breathing (breaststroke, freestyle)
- Begin work in deeper water (jumping, treading & diving)

LEVEL 4: ADVANCED

- Students should be able to swim two lengths of the pool without touching the bottom
- Students should be comfortable with deep water
- Stroke improvement & become stronger swimmers
- All 4 major strokes are taught

Pre-Lesson Evaluation

Evaluations will be held on the following schedule on June 21 (please arrive 5 minutes prior to your scheduled start time).

- Level 4: 9:00am
- Level 3: 9:15am
- Level 2: 9:30am
- Level 1: 9:45am

If your swimmer is not signed up for Session 1, your swimmer will be evaluated on the first day of the session they attend. Please plan to arrive 15 minutes early that day.