

Chestnut Forks Athletic Club

Group Swimming Lesson Schedule Summer 2010

Ages 3 – 6

Pike	Session I	June 21-July 2
	Session II	July 5 - July 16
	Session III	July 19-July 30
Starfish	Session I	June 21-July 2
	Session II	July 5 - July 16
	Session III	July 19-July 30

Swim Lessons 9:55am - 10:40am

Price \$75.00 per session

- ## Pike

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing Open eyes under water and retrieve submerged object
- Front and back glides and back float
- Recover to vertical position from a front glide and back float
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

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- ## Starfish

- Enter water by stepping or jumping from the side
 - Exit water using ladder, steps or side
 - Fully submerge and hold breath
 - Bobbing
 - Open eyes under water and retrieve submerged objects
 - Front, jellyfish and tuck floats
 - Front and back glides and back float
 - Recover from a front/back float or glide to a vertical position
 - Roll from front to back and back to front
 - Change direction of travel while swimming on front or back
 - Tread water using arm and leg actions
 - Combined arm and leg actions on front and back
 - Finning arm action on back
 - Staying safe around aquatic environments
 - Don't just pack it, wear your jacket
 - Recognizing an emergency
 - How to call for help
 - Too much sun is no fun
 - Look before you leap
 - Think so you don't sink
- Reach or throw, don't go