

Chestnut Forks Athletic Club

Group Swimming Lesson Schedule Summer 2010

Ages 7 and up

Sting Ray	Session I	June 21-July 2
	Session II	July 5 - July 16
	Session III	July 19-July 30

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

Flying Fish	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

Sting Ray

- 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

Fish*

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float/swimming
- Change from vertical to horizontal position on front and back
- Tread water
- Front crawl and elementary backstroke
- Scissors kick
- Think twice before going near cold water or ice
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Headfirst entry from the side in compact and stride positions
- Headfirst entry from the side in sitting and kneeling positions
- Feet first surface dive
- Swim under water
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Reach or throw, don't go
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

Flying Fish

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull on back
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

**Several Sessions of
Fish may be needed
to master the skills
listed above!**