



# Star Hill

Family Athletic Center

## Summer Recreation Program



### Swimming Lessons



#### Program Description

- ✓ Star Hill Family Athletic Center offers a swim lesson program in a safe and welcoming environment for children of all ages & levels.
- ✓ The program offers lessons following successful fundamental principles to teach children how to swim (see level descriptions on back)
- ✓ Summer camp kids have the option of participating in group swim lessons during the week(s) they are at camp. We have some availability for Private Lessons. Inquire with the camp Directors.
- ✓ Lessons will be on Tuesday-Thursday each week for 40 minutes per day (except for weeks with scheduled Thursday field trips...lessons will run Mon-Wed those weeks)
- ✓ You may register your child(ren) for 1 week of lessons or several weeks. Please indicate on the registration form the weeks you want to register for swimming lessons, and their ability level (best estimation). We will evaluate the kids at their first lesson.
- ✓ Lessons will be held separately from the daily open swim time.



#### Cost

*(Swimming lesson fee is in addition to camp registration fee)*

*Members \$40/week*

*Non-Members \$50/week*





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**Level 1** –Introduction to Water Skills - Children in this level will learn how to feel comfortable in the water on their own. They will learn how to blow bubbles, retrieve a submerged object and bob in the water. They will also learn to float, glide and kick on their front and back.

**Level 2** –Fundamental Aquatic Skills - In this level, swimmers will begin to learn the crawl stroke, reverse direction while swimming and tread water. They will also learn how to float on their front and back when they get tired in the water.

**Level 3** –Stroke Development - Children will learn to change from vertical to horizontal position in the water. They will also learn rotary breathing, flutter, scissor, dolphin and breaststroke kicks on their front. Children will learn the elementary backstroke and learn how to perform the sitting and kneeling dives from the side.

**Level 4** –Stroke Improvement - In this level, children will learn to swim underwater, swim front crawl, backstroke, breaststroke, sidestroke and butterfly. Children will also learn how to flutter and dolphin kick on their back. Feet first surface dives will also be introduced in this level.

**Level 5** –This level is geared toward swim team readiness. In this level children will become proficient in Freestyle (crawl stroke) and Backstroke. Swimmers will learn how to find their balance, scull, how to perform a shallow dive and continue swimming and a backstroke start. Swimmers will also learn freestyle and backstroke flip turns. There will be numerous drills introduced to the swimmers which will help them with the mechanics of the long-axis strokes.

**Level 6** –This level is geared toward swim team readiness. In this level swimmers will become proficient in Breaststroke and Butterfly. Swimmers will learn how to find their balance in the water with a short-axis stroke. Swimmers will also learn how to perform and open turn for both breaststroke and butterfly.

