



# The Swim School



Summer - 2012

The Swim School at Fig Garden Swim & Racquet Club is proud to continue our tradition of excellent instruction in a safe and beautiful atmosphere. As an authorized American Red Cross Learn-to-Swim provider, our mission is to offer structured and developmentally appropriate instruction to all ages, infants to adults, in a supportive and caring environment. Led by Aquatics Director, Justine McAlpine (justine@fig-garden.com), our experienced and certified instructors strive to develop a trusting relationship in which participants are able to maximize success, whether an experienced swimmer or true beginner. With patience and individualized instruction, you will be amazed at what can be achieved in a two-week session...let alone over multiple sessions! Please see the reverse side for detailed information on the Levels we offer.

### Private Sessions

Receive the benefits of a one-on-one student / teacher relationship with instruction tailored to each individual's strengths and weaknesses. All children younger than 4 years old are required to have a private session...unless enrolled in a Parent - Tot session. Private sessions are also a very effective option for adults new to swimming or experienced swimmers with specific goals.

### Group Sessions

For children 4 years or older, group sessions are a great way to not only improve swimming skills but also social skills and cooperation. Groups will consist of no more than 4 students to maximize the attention given to each student. Our groups are formed by levels, not ages, to ensure all students receive appropriate instruction.

### 4 or 8 Day Sessions

Sessions 1, 2 and 6 run for one week while remaining sessions run for 2 weeks, Mondays through Thursdays. Each lesson lasts 30 minutes. Maximize results (and receive a discount) by signing-up for 2 or more sessions.

	<b><u>Dates</u></b>	
Session 1	June 4th - 7th	
Session 2	June 11th - 14th	
Session 3	June 18th - 28th	
Session 4	July 9th - 19th	
Session 5	July 23rd - August 2nd	
Session 6	August 6th - 9th	
	<b><u>Times</u></b>	
<b><u>Morning Sessions</u></b>	<b><u>Afternoon Sessions</u></b>	
8:15 AM - 8:45 AM	3:00 PM - 3:30 PM	
9:00 AM - 9:30 AM	3:45 PM - 4:15 PM	
9:45 AM - 10:15 AM	4:30 PM - 5:00 PM	
10:30 AM - 11:00 AM	5:15 PM - 5:45 PM	
11:15 AM - 11:45 PM	6:00 PM - 6:30 PM	
	6:45 PM - 7:15 PM	
	<b><u>Prices</u></b>	
	<b><u>Members</u></b>	<b><u>Non-Members</u></b>
Private Session (1, 2, 6)	\$90	\$100
Group Session (1, 2, 6)	\$60	\$70
Private Session (3, 4, 5)	\$180	\$195
Group Session (3, 4, 5)	\$125	\$140

Schedule subject to change.



## **Important Swim Lesson Guidelines**

Each swimmer progresses at his or her own pace. Every level includes review of previously learned skills, new skill development and safety skills. Parents may be asked not to sit poolside during their child's lesson as this tends to distract not only the instructor but the child as well. Be sure to apply sunscreen (about 30 minutes before sun exposure is best) and put long hair into a ponytail or swim cap. Goggles are highly recommended.

## **Registration**

To register for any of our swim offerings, please complete the attached Registration Form and return it to the Club. Since we limit our group sizes and the number of lessons going on at any given time, scheduling will occur on a first come, first served basis. Our sessions fill-up, so register early!



## **Discounts**

When registering one participant for 2 or more sessions (in advance and on the same form) or more than one family member for a session (forms and payment submitted at the same time), you may deduct \$5 either per session or per participant. Discounts cannot be combined.

## **The Levels**

**Parent-Tot:** This program is designed for ages 6 months to 3 years old and requires a parent / guardian / responsible older sibling to accompany the child into the water. The instructor will assist parents with proper holding techniques to facilitate appropriate water activities for the child. The emphasis is on fun and safety with the goal being to make the child comfortable in the water and set the stage for successful lessons in the future.

**Preschool:** This program promotes developmentally appropriate learning of fundamental skills for ages 4 and 5.

**Level 1:** This level concentrates on water comfort, breath control and explores basic aquatic skills like floating, gliding, kicking and paddling with support, as well as safe water behaviors. It is appropriate for students with little or no previous water experience.

**Level 2:** The focus in Level 2 is on developing independence with beginning arm strokes, kicking, floating and gliding. Skills taught on the front and back will lay the foundation for learning the swim strokes. Students entering this level should be able to demonstrate the skills taught in Level 1.

**Level 3:** Students entering Level 3 should be able to perform the skills taught in Level 2 as we will build on these skills to coordinate the strokes with a major emphasis on breathing to the side while swimming. Students will also work on treading water, diving and related safety skills.

**Level 4:** The objective of this level is to develop confidence and endurance in the previously learned strokes, while introducing breaststroke, elementary backstroke and sidestroke to the student's repertoire. Basic turns are also learned. Students should be able to perform Level 3 skills to enter this level.

**Level 5:** Level 5 focuses on coordination and refinement of all six strokes, as well as practice with flip turns. Students will be able to swim greater distances and will learn about how to create an endurance workout. Students should be able to demonstrate Level 4 skills to enter into this level.



**Level 6:** This level is designed to further refine the six strokes and turns, with an emphasis on efficiency and fitness development. Adult participants will gain the confidence and skills to join our *Fig Garden Masters Swim Team* if they so desire.