



# Private Swimming Lessons

8 weeks Starting  
Wk 2 thru Wk 9  
Register online

## Important Info

▶ Register online for these lessons & be sure to include the following information in the notes area following medical info.

### ▶ Campers Swimming Ability:

- Beginner , Intermediate, Advanced

Campers will be grouped according to skill level

### ▶ Water experience-please check one:

- First time, Has taken lessons before
- Can swim, Afraid of water

### ▶ Best Time slot:

- 3:15 - 4:15, b) 4:15 - 5:15, c) 5:15 - 6:15
- **Sessions are** Monday through Thursday & Fridays are set aside for rain out or make days

We will do our best to accommodate the time slots & weeks according to your selection!

### ▶ Any Special Needs: ear plugs, medication etc

Instructors will confirm all pertain info with you over the phone once you enroll you camper

### ▶ Additional Informations

- ⇒ Pools are on Campus
- ⇒ Discount on aftercare should you need the service after swim lessons
- ⇒ **Parents may** watch swimming lessons on **Thursdays only**
- ⇒ You may sign up for more than one session on a
- ⇒ 1st come, first serve basis -

## Skills/ Topics that will be Covered

### Beginner Skills/Topics:

- ⇒ Putting face in the water & Blow Bubbles
- ⇒ Jumping in with support
- ⇒ Front & Back Float with & without paddling
- ⇒ Head under water

### Intermediate Skills/Topics:

- ⇒ Moving through the water independently
- ⇒ Introduction to front & back crawl stokes, sidestroke, breast stroke and backstroke
- ⇒ Depending on skill level may include intro to rhythmic breathing & kneeling diving

### Advanced Skills/Topics:

- ⇒ Refinement of front & back crawl strokes, side strokes, breast stroke and backstroke
- ⇒ Depending on skill level may

# Who? What?

### PHILOSOPHY:

We strive to develop each child's love for the water through confidence building and improving skill sets. We teach children to love, respect, and play safely in the water. Classes incorporate learning games to have fun while developing stroke technique.

### GOALS OF CLASS **Varies according to experience and skill level of students)**

- Love & respect for the water
- Skill development
- Build confidence in & around the water
- Fun while learning

### SWIM INSTRUCTOR

**Hector Andrades** WSI Certified Lifeguard by Red Cross/Dolphins

Taught Swimming at AZ fall of 2012 Staff member of camp for 3 yrs

**Other Instructors to be Announced** will be a certified lifeguard

## For Additional Information

Please Contact Hector Directly

559-789-7274 or the Camp Office: (340) 718-7909