

# Swim Lessons 2025

\$70 per session per child

In person registration begins

Saturday, May 17th from 9am until noon in the lounge.

Members only, ID cards required

## Levels & Times:

**Starfish (0-3 years old):** 9-9:30am

**Clownfish (3-5 years old):** 9:40-10:10am & 4-4:30pm

**Seahorse (5-6 years old):** 10:20-10:50 am & 4:40-5:10pm

**Turtle (6-7 years old):** 11:00-11:30 am & 5:20-5:50 pm

**Seal (7-10 years old):** 11:40-12:10 pm & 6:00-6:30 pm

**Dolphin (10+ years old):** 6:40-7:10pm

## Session Dates

6/16-19

6/23-6/26

6/30-7/3

7/7-7/10

7/14-7/17

7/21-7/24

7/28-7/31

8/4- 8/8

**Private lessons available:**

Email [swimlessons@rbwestwoodclub.com](mailto:swimlessons@rbwestwoodclub.com) for more information

## Swim Lesson Levels w/ Descriptions

\*\*Each level has a description of what will be taught and the average age\*\*

### Starfish (17 months-3 years old):

- Guardians are in the water with their child during each lesson
- Water exploration through the use of toys, kicking, and submersion of face
- **Location in the pool-** the steps in the shallow end
- **Goal-** To get children comfortable in the water & equip parents with safe pool practices

### Clownfish (3-5 years old):

- Learn how to get comfortable blowing bubbles and submerging face
- Front and back floats with assistance; Front crawl with assistance
- **Location in the pool-** the steps in the shallow end
- **Goal-** To get children comfortable in the water *without* parents

### Seahorse (5-6 years old):

- Comfortable retrieving submerged objects; Elementary backstroke
- Floats with assistance; Front and back crawl with assistance
- **Location in the pool-** shallow end holding onto wall
- **Goal-** Children will get comfortable submerging & swim small distances independently

### Turtle (6-7 years old):

- Very similar to previous level, but we encourage more independence
- Rotary breathing & treading water; Strokes are done independently
- **Location in the pool-** 4 ft section
- **Goal-** Children will begin to swim on their own with minimal assistance

### Seal (7-10 years old):

- Learn dives, breaststroke, and open turns
- Student is comfortable swimming on their own (even in deep end)
- **Location in the pool-** 5-6 ft section & diving well
- **Goal-** To learn more advanced strokes and improve technical skills

### Dolphin (10+ years old):

- Improves on skills taught in previous level and increases swim distance
- Learn butterfly and flip turns
- **Location in the pool-** 6 ft section & diving well
- **Goal-** To improve technical skills and endurance (helps practice for swim team)

### Adult Classes: (18+ up):

- Any adult that's looking for classes, doesn't matter the level or swimming ability! (Private only)