

# Almaden Oaks Community Center Swim Lessons

Group Lessons are held Monday-Wednesday-Friday at 11:00, 11:30, 7:00. Each class runs approximately 27 minutes. To maximize the instructors time with each student, we limit the class size to 5 children.

In order to pass each level, your child must meet the following criteria. A child may be recommended to repeat any level to ensure mastery of the skills in that level.

## **Parent and Toddler-**

- Safe entry/exit from pool
- Assisted back float
- Assisted arm movement
- Assisted submersion of eyes and face
- Holding on to the wall/monkey walk along wall

## **Level 1-**

- In the water without parent
- Straight kicking on front
- Assisted back float
- Self initiated full head submersion
- Climb out of pool unassisted

## **Level 2-**

- Assisted roll over (front to back and back to front)
- Submerged push off wall to instructor
- 3'-5' deep water object retrieval
- Three arm strokes (freestyle)
- Elementary backstroke/Kicking on back
- Jumping into deep water and return to wall

## **Level 3-**

- Independent roll over (back to front and front to back)
- 10 arm strokes freestyle (w/ breath)
- Treading water
- Diving (kneeling and standing)
- Freestyle side breathing
- Backstroke

## **Jr. Swim Club**

- Intended to prepare swimmers for swim club
- Swimming multiple length of the pool, single stroke
- Introduce flip turns
- Standing dive
- Increase swim speed, efficiency and stamina
- Introduce Butterfly stroke

## **Private Lessons**

### **Semi-Private Lessons**

#### **Adult lessons:**

The AOCC's private, semi-private or adult lessons provide customized instruction based on individual needs. Students that have successfully completed Level 3 should consider private lessons to improve their swimming skills. Private lessons are scheduled with the instructor at a time that is convenient for both instructor and student.

**Adult lessons** can be held outside normal swimming/lesson hours to ensure privacy and minimize distractions.

**Private lessons** for children will focus on stroke improvement, additional swimming strokes (breaststroke and butterfly) and treading water.

**Semi-private lessons** are available for families with multiple children. The semi-private lesson offers the flexibility to have multiple children enrolled in a single lesson with an instructor. When scheduling semi-private lessons, all swimmers will have a total of 4 hours of instruction. To receive the maximum benefit, we recommend splitting the lessons with each child receiving individual instruction (30 min each child, total class time of 60 min). If both children are in the water at the same time, then their individual lesson time will be concurrent (2 children in class for 30 min counts as 60 min of private lesson time)

Private lessons cost \$165 for eight 30 minute sessions