

Swimming Lessons

****NEW** Morning Sessions (Summer ONLY)**

Level 1 (Must be 5 years of age or older)

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

- Safe water entry
- Submersion of mouth, nose, eyes
- Front and back float 5 seconds
- Roll over front to back
- Alternating and simultaneous arm and leg actions 5 feet
- Combined stroke on front & back 5 feet
- Water safety rules

Level 2

Fundamental Aquatic Skills: gives students success with fundamental skills.

- Jumping into water and exit water safely
- Submersion 5 seconds
- Bob 5 times
- Retrieving submerged items
- Front & back float 5 seconds and recovery
- Front glide, back glide 2 body lengths
- Rolling over, changing directions
- Combined arm & leg on front & back 15 feet
- Sculling & finning

Session Times:

11am – 1pm (Summer ONLY)

4:30pm – 7pm

Level 3

Stroke Development: builds on the skills in Level 2 by providing additional guided practice.

- Tread water 30 seconds
- Front crawl 15 yards butterfly kick and body motion 15 feet
- Back crawl 15 feet

Level 4

Stroke Improvement: develops confidence in the strokes learned and improves other aquatic skills.

- Diving
- Open turns tread water 1 minute
- Front crawl 25 yards
- Breaststroke 15 yards
- Butterfly 15 yards
- Back crawl 25 yards
- Elementary backstroke 15 yards
- Side stroke 15 yards



THE CENTER
for Health Improvement
2500 Canterbury Dr
Hays, KS 67601

Lessons 2009-2010

Group Lessons

(Run Monday – Thursday for 2 weeks all classes 30 min. in length)

September 21 – October 1

October 19-29

November 9-19

December NONE

January NONE

February 8-18

March 8-18

March 29 – April 8

April 26 – May 6

May 17-27

June 7-17

June 28 – July 8

July 19-29

August 2-12

Payment Due

September 14th

October 12th

November 2nd

February 1st

March 1st

March 22nd

April 19th

May 10th

May 31st

June 21st

July 12th

July 26th

Payment is due the Monday before the classes begin. Payment by the due date guarantees a place in class. If payment has not been received by the due date indicated the individual will automatically be removed for the class. If individuals are still interested in enrolling after this date they must enroll in person with payment due at that time.