# **SWIM LESSON REGISTRATION, SUMMER 2023**

# Advanced Aquatics, LLC, 11948 Turner Road, Hampton, GA 30228

(770) 472-5959, Fax (770) 472-7455, email advancedaquatics1@bellsouth.net, web site advancedaquaticsllc.com

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NameSwim Experience		Age	Male	Female
Address				
Emergency Contact/Phone				
Outdoor lessons will begin on Tuesday, May 30. Group lessons minutes with an additional 10 minutes of supervised practice instructor and there will be no more than 5 children per instructured time in the water. Pre-Registration is required. No session. No refunds are honored unless canceled one week prediscount will be granted on additional members from the additional student). Make-up classes for inclement weather each session. If your child is ill 3 or more days with a Doctors group lessons. Private and Semi-Private lessons can be tailored schedule Private and Semi-Private lessons.	e time. The classes we ructor. The child will so registration will be a ior to session date. The same household regi or circumstances bey s Excuse, we will make	ill be taught tay active the ccepted after after after at the control we up their less the interval we up their less tering at the control we	by an experie e entire class r the Thursday is \$130.00 per le same time. rill be made up son. The times	nced, certifie with plenty of prior to clas person. A 20% (\$104.00 per o at the end of below are fo
Check Group Session Preference:  May 30 – June 8 (Tue – Fri 1st week)  June 12 – June 22	July 10 -	- 20 - August 3		
11948 Turner Road, Hampton, GA 30228  9:00 - 9:45 am Guppies & Minnows  10:00 -10:45 am Dolphins/Sharks  1:00 - 1:45 pm Adult Lessons  2:00 - 2:45 pm Guppies/Minnows  3:00 - 3:45 pm Dolphins/Sharks  4:00 - 4:45 pm Guppies & Minnows	5:15 - 6:0 6:00 - 6:4 6:45 - 7:3 7:30 - 8:1 8:15 - 9:0	5 pm Dol 0 pm Gup 5 pm Sha	pies & Minno phins opies/Minnow arks alt Lessons	
To register complete this registration form and return with che payment at <a href="www.advancedaquaticsllc.com">www.advancedaquaticsllc.com</a> . Payment can also below and return with your signature by email, fax or mail. Par through adults. Children younger than three will require private Semi-Private lessons are also offered. Prices as follows: Private 45 minutes. A minimum of six (6) classes is required to take presame rate. Each person will be taught the skills at their own present time, the classes will be converted to three 45 minutes are maximum of 5 students per class. Children are taught at the that neither failure to provide information or seek a medical as Advanced Aquatics nor facility nor its employees could have foundertaking activities required in these classes and that in performing these activities I assume	be made by debit or conticipants can range from the lessons with a parent term of the lessons with a parent term of the lessons of the lessons or consolor own level when train terms of the lessons of t	redit card by one 6 months of tin the water tes. Semi-Privessons. No ore not 4 studentidated with valing with the ty may result in	completing the bld to children with them. Provate - \$35.00 propersion learned farious skill level instructor. I uin risk of injury	e information ages 3 rivate and er student for as at the for each els. There is nderstand neither
Parent/Guardian Signature		ed Name		
Signature for email receipt:				
Credit Card Information: Visa, MasterCard, Discover	Exp Date	3 digi	it code on back	₹

#### SWIM LEVELS DESCRIPTIONS

"Shrimps" – (6 months-3 years) Parent in the water with child to learn to teach their child the following skills. If child were ready for more skills, private lessons would be suggested. Skills to be completed in Shrimp level:

- 1. Kick
- 2. Paddle
- 3. Blow Bubbles
- 4. Hold on to the edge without assistance
- 5. Climb out of the pool with or without assistance.
- 6. Back float with assistance
- 7. Swim unassisted under water to parent
- 8. Jump into water with assistance
- 9. Have fun with parent and child and learn to enjoy The water together!

"Guppies/Minnows" – (Designed for children three to five years of age with little or no swimming experience. Parents will not accompany children into water. Children will learn to adapt to the water, blow bubbles, put their face into the water, independent submersion, kicking, arm paddling, floating, and jumping. Games will be a highlight to instruction. Skills to be completed in Guppie/Minnow level:

- 1. The children should be able to get in without crying
- 2. Child no longer feels scared when not holding Instructor tight
- 3. Parent can watch the entire class from a distance
- 4. Kicking Feet
- 5. Paddling hands
- 6. Holding kickboard or noodle without assistance
- 7. Swimming unassisted with a noodle

"Dolphins" - Designed for children five years of age and older or who have previous swimming experience and are able to pass the following skills on the first day of class: blowing bubbles, putting their face in the water for 5-10 seconds, front kick while holding onto the side, bobbing head while holding onto side, and recovering an object from the bottom of the pool in 3' of water. The participant will improve in the above-mentioned skills plus begin learning the following: Glides, swim/float/swim, front crawl with breathing (not necessarily rotary breathing), elementary backstroke, and breaststroke. Instruction will take place in 3' to 5' of water. Skills to be completed in Dolphin level:

- 1. Swim horizontally without assistance
- 2. Put face in water for 5 seconds while holding edge
- 3. Jump in pool without assistance
- 4. Back float without assistance

- 5. Put face in while swimming
- 6. Introduction to front crawl, elementary back
- stroke and breast stroke
- 7. Swim, float, swim
- 8. Exchange air while swimming

"Sharks" - Designed for participant's 6 years of age and older or who have swimming experience and are able to pass the following skills on the first day of instruction: front crawl with breathing, front float, back float and treading water. Skills from the Dolphin level will be reinforced and new skills will be taught improving the front crawl, breaststroke, sidestroke, back crawl, elementary backstroke, turns and diving. Butterfly stroke will be introduced.

Instruction will take place in 3' to 5' of water. Diving will take place in water 9' of deeper. NO diving in water less than 9' deep. Skills to be completed in Shark I level:

- 1. Swim for 20 feet
- 2. Swim with face in for 10 feet
- 3. Front crawl with refining rotary breathing
- 4. Back crawl

### Shark II

- 1. Swim for 30 feet
- 2. Swim for 15 feet with face submerged
- 3. Front Crawl with refined rotary breathing
- 4. Refined Elementary Back Stroke
- 5. Breast Stroke
- 6. Refined Whip Kick

## Shark III

- 1. Swim for 40 feet exchanging air
- 2. Swim for 20 feet with face submerged, 1 breath allowed
- 3. Front Crawl with refined rotary breathing
- 4. Stride Jump
- 5. Refined Breast Stroke
- 6. Side Stroke
- 7. Dolphin Kick

## breathing Shark IV

- 1. Swim for 50 feet, with rotary breathing
- 2. Swim for 25 feet with face submerged, 1-2 breaths
- 3. Front Crawl w/ refined rotary alternating breathing
- 4. Refined Side Stroke
- 5. Refined Butterfly Stroke
- 6. Deep Water Bobbing
- 7. Compact Jump
- 8. Long Standing Shallow Dive
- 9. Swim under water & touch bottom @ 8 feet

- 5. Breast stroke with introduction to the whip kick
- 6. Kneel Dive
- 7. Introduction to the Butterfly Stroke
- 8. Starts and Turns
- 7. Introduction to stride jump
- 8. Swim under water and touch bottom at 7 feet
- 9. Swim/Float Swim for 10 feet
- 10. Refined Back Crawl
- 11. Turning at wall
- 12. Primary survey CPR and First Aid
- 13. Introduction to Treading Water
- 8. Swim under water and touch bottom in 8 foot
- 9. Pool side safety measures
- 10. Swim/Float/Swim for 20 feet
- 11. Turn at wall
- 12. Tread water for 2 minutes
- 13. Introduction to rescue
- 10. Introduction to Basic Lifesaving Techniques
- 11. Retrieve a 10# brick from 8 9 feet of water
- 12. Swim/Float/Swim for 30 feet
- 13. Flip Turn at wall
- 14. Flip Turn out of Back Crawl
- 15. Tread Water for 5 minutes
- 16. Competition Starts and Turns
- 17. Rescue Breathing
- 18. Introduction to CPR Techniques and Conscious Choking

#### **Adult Lessons**

- 1. The primary focus in teaching adults to swim is to be comfortable in the water and develop trust in their instructor.
- 2. To learn that swimming can be mastered at any age and motivate individuals to learn.
- 3. Learn to relax while mastering the recovery position from horizontal in the water and return to vertical.
- 4. We will draw from present skills or begin from scratch.
- 5. We will test for buoyancy and show adjustments and skills that will assist in keeping their body horizontal for floating or swimming.
- 6. To teach only the strokes which suit each person individually. There are strokes that do not require the face in the water.
- 7. Safety skills i.e., treading water, swim/float/swim.