

**SHOREWOOD HILLS POOL**  
**SWIMMING AND DIVING LESSON REGISTRATION**

**SESSION-1: JUNE 13 – JUNE 30**  
**\*\*Monday through Thursday\*\***

***NOTE:*** Please be considerate of other participants taking part in lesson activities. **We will only be able to accept swimmers/divers who are able to attend a minimum of 7 of the 10 lesson days in this session.** This is necessary in order to maintain a quality delivery of our lesson instruction.

***NOTE:*** Sign-up for session-2 lessons will go live on Perfect Mind, Thursday, June 30<sup>th</sup> @ 1:00 pm. If you have any issues with registration for session-2 send an email to [poolmanager@shorewood-hills.org](mailto:poolmanager@shorewood-hills.org).

**SHOREWOOD HILLS POOL**  
**SWIM/DIVE LESSONS – CLASS DESCRIPTIONS**

**Please try to estimate your child’s swim/dive level from the description below.** Instructors will adjust students accordingly during the first few days of each session. **When in doubt, please select a lower level.** It is our desire to have the option of moving participants “up” in a lesson level, rather than having to adjust them “down”.

COURSE	PREREQUISITES ( <b>bold</b> ) and CLASS DESCRIPTIONS
P/T	<b>Parent/Tot:</b> Goal is to introduce child to aquatic environment in the comfort of his/her parent. Focus on comfort and confidence in/around water. Games, music, etc. <b>Minimum age – 6 months. Must have a recently applied, tight-fitting swim diaper.</b>
Level 1	<b>Very limited water experience. Should be able to participate without parental involvement.</b> Introduction to basic water skills and development of swimming readiness. Will learn to submerge mouth, nose, and eyes. Front and back float <u>while supported</u> for 3 seconds. Course is held on pool stairs/shallow end. <b>Suggested minimum age of 3 years.</b>
Level 2	<b>Completed Level 1.</b> Swim with any combination of arm and leg movements for 15 feet on front <b>and</b> back, improving breath control, comfort in chest depth water level, begin to place entire head under water. Front and back floats for 5 seconds.
Level 3	<b>Completed Level 2.</b> Strong enough to work on combining strokes on front and back <b>and</b> begin to swim 15 - 25 yards (width of pool). Treading in slightly deeper water, retrieval of underwater items, coordinated breathing, head-first entry from seated position. Intro to butterfly.
Level 4	<b>Completed Level 3.</b> Improve upon previous skills/confidence. Begin diving, underwater swimming, open swim turns, survival float, coordinated treading. Intro to breaststroke and elementary backstroke. Front and back crawl 25 yards, breaststroke and elementary backstroke 15 yards.
Level 5	<b>Completed Level 4.</b> Additional practice, refinement, and endurance based on level 4 skills. Learn sidestroke, flip turns, survival swimming. Front and back crawl 50 yards, breaststroke and elementary backstroke 25 yards.
Level 6	<b>Completed level 5.</b> Skill proficiency and <b>endurance</b> for all strokes. Work on swim turns for all strokes. Use of kickboard, pull buoy, pace clock, fins (optional), and paddles (optional). Goal is to attain a continuous 500 yard swim including multiple strokes.
CS	<b>Competitive Stroke Skills: Completed Level 6.</b> This class is intended to help competitive swimmers improve their stroke proficiency, turns, and starts.
BWS/LR	<b>Basic Water Safety/Lifeguard Readiness: Completed Level 6.</b> Train students who want to know how to respond in an aquatic emergency. This course will not qualify a participant to be a lifeguard. It will serve as a solid foundation for further training in lifeguarding and aquatics.
<b>MEMBERS OF THE DIVE TEAM MAY NOT PARTICIPATE IN DIVE LESSONS</b>	
ID	<b>Introduction to Diving:</b> Introduction to the diving board. Basic safety and use of the board. Building block skills to prepare students for further diving board use. Will learn diving approach. Front dive/back dive.
DD	<b>Diving development:</b> Students who are comfortable on the board, and familiar with the approach. Will begin to learn additional dives.