Beginner Swimming:

**Overview:**
The beginner swim class is for those students who did not pass the swim test or were not comfortable even trying. The class is meant to be an introductory course in learning the basics of swimming and getting more comfortable in the water. We will work at a slow pace, but also one that is works for each individual. We will start with getting comfortable in the water, blowing bubbles, going under and learning to float and then progress into learning how to breath, swimming freestyle and backstroke as well as exploring the deeper water in the pool. Each week will build on skills learned in the previous week.

**Equipment Needed:**
Bathing suit or simple shorts (nothing too heavy that will weigh you down

**Equipment recommended:**
Goggles – swimming is so much easier if you can see where you are going
Bathing cap – especially for those who have longer than shoulder length hair

Week 1: Getting comfortable (bubbles, underwater, floating (stomach), kicking and starting to breath

Week 2: Continue with week 1 skills and slowly start adding additional skills – floating on your back, kicking for propulsion, freestyle pulling pattern and proper air exchange.

Week 3: Continue refining week 1 and 2 skills – add backstroke pulling pattern, side breaths for freestyle. We also start with some jumping in skills (shallow end jumps into the pool).

Week 4: We continue to refine all the skills learned in the first 3 weeks, but now our focus starts to shift to starting to do these skills in the deeper water where we can’t stand. We start of slowly, but eventually do all shallow end skills in the deep end, including the jumping in.

Week 5: Focus continues on deep end comfort and shallow end skill development. Adding in discussions about treading water

Week 6: Refining all of the skills worked on in the previous 5 weeks. Perhaps a short discussion of breast stroke and jumping off the diving boards for those who are ready.