



Mountain Kids SWIMMING



2020



Warm Water
Swimming

Phone and Online Registration Available Monday April 6th

Mountain Kids Swimming

Our shallow warm water pool is designed for learning!! With a water temperature maintained between 88-92 degrees and a shallow end at just two feet, young learners can feel comfortable in the water from the very beginning. Our spacious pool area provides changing space, outdoor heater and a place for parents to watch! All instructors are Swimming Instructor Certified and our class ratio is **6:1**.

Water safety skills are taught at all levels.

Morning and Evening classes-**\$116.00 per eight class session.**

All classes are 35 minutes long and meet **Monday through Thursday** in **two week blocks.**

A 10% discount applies to families with two or more swimmers participating in the same session.

*Special **SPLASH** Class Rate: **\$84.00 per 8 class session.***

Payment at the time of registration is required to reserve your class.

Morning Class are offered -9:00 am, 9:45 am, 10:30 am, 11:15 am and 12:00 pm

Evening classes are offered - 5:30 pm and 6:15 pm

We offer a variety of swimming levels at each class time during the following sessions:

Session A: June 1-11

Session D: July 13-23

Session B: June 15-25

Session E: July 27-Aug 6

Session C: June 22-July 9

Super Sessions:

If your swimmer is a **Wave Rider 1**, consider a Super Session! For two sessions your swimmer will meet at the same time with the same teacher and the same class. The class will progress through two swimming levels together. This takes the guess work out of anticipating what level your swimmer will progress to after their first session.

The cost is **\$210.00** for a Super Session. Please see swim grid for listing of **Wave Rider 1 Super Sessions.**

Cancellation Policy:

*There is a **\$20 cancellation fee** per child/per class for cancellations received up to 7 days prior to the start of class.

*There is **NO REFUND** if cancellation is less than 7 days prior to the start of class.

Makeup Policy:

*There are **NO makeups or credits** for missed classes.

*If classes are cancelled due to weather we will add up to 10 minutes to class length to make up. If this option is not available, classes will be held at their regular class times on FRIDAYS.

Splash into Summer FUN with Mountain Kids Swimming!!



Mountain Swimming Class Levels



Skills listed below are taught within that level



Water safety skills are taught at all levels



Splash Class

This parent infant class for ages **6mos-3yrs** covers parent skills such as holding positions, cues, and basic safety. Infant skills cover water adjustment, exploring the pool, front kick, prone glide, blowing bubbles, back float, arm movement on front, water entrance and exit.



Beachcomber Class

This parent toddler class for young **3's** is designed to help children who are not yet comfortable in the water to transition to a class on their own. The first week of class parents are in the water, the second week children are in class with their instructor without a parent. Toddler skills cover water adjustment, exploring the pool, front kick, front glide, bobbing underwater, back float, front arm movements, standing and walking in water, righting self after submersion. Child must turn 3 before or during the enrolled session.

Wave Riders - Ages 3-5

****Students must have starred skills to move up to the next level**

WR 1- No previous water instruction

- Blowing bubbles**
- Submerging head **
- Front float with help**
- Front arm movements
- Back float with help**
- Flutter kick
- Jump in chest deep water with help
- Independent water exploration**
- Knowledge of pool rules**



WR 2- Previous water instruction

- Front glide alone**
- Back float with help**
- Beginning arm strokes**
- Elementary back stroke with help
- Jump in chest deep water alone
- Ten safety bobs alone**
- Recover to stand position from front/back floats alone
- Flutter kick alone with board**



WR3 & WR4 are held mainly in the 3ft lane.

WR 3-Front glide w/flutter kick alone**

- Hold breath for 10 sec**
- Intro to rhythmic breathing
- Arm strokes & kicks 10 ft**
- Back float alone 3-5 seconds**
- Jump in chest deep water and level off to float alone
- Elementary backstroke with help
- Ten safety bobs in 4 ft of water**

WR 4- Hold breath underwater for 15 seconds

- Front glide alone with kick 15ft.**
- Crawl stroke arms with kick alone 15ft.**
- Elementary backstroke alone 10ft.**
- Continuous safety bobs length of lane**
- Flip from front to back alone**
- Tread water for 10 seconds

Students passing WR4 are ready to progress to SS3

Swim Stars – Ages 6 and up

****Students must have starred skills to move up to the next level**

SS1-No previous water instruction.

- Blow bubbles ** Submerge head**
- Front float with help** Front arm movements
- Back float with help** Flutter kick
- Independent water exploration**
- Beginning elementary backstroke with help
- Jump in chest deep water with help
- Return to stand after front/back floats alone
- Knowledge of pool rules**



SS4-(breast stroke is introduced)

- Deep-water bobbing 15ft**
- Front crawl with rotary breathing width of pool**
- Elementary backstroke alone width of pool**
- Back stroke alone width of pool**
- Breaststroke arm introduction
- Breaststroke kick introduction
- Swim underwater**
- Tread water 1 minute**

SS2-Previous water instruction

- Back float alone** Beg rhythmic breathing
- Front glide with kick alone 10ft**
- Arm stroke with kick, no breathing 10ft.**
- Elementary backstroke alone 10ft.
- Jump in chest deep water level off to float & kick
- Return objects from bottom in chest deep water
- Beginning backstroke with assistance
- Hold breath underwater for 15 seconds**
- Safety bobs for 7ft **



SS5-(breast stroke is refined, butterfly is introduced)

- Front crawl 2 widths with wall/turn no stopping**
- Back crawl 2 widths with wall/turn no stopping**
- Breast stroke alone 20ft**
- Side stroke alone 20ft
- Swim under water 10ft **
- Butterfly kicks
- Open turn on front and back
- Beginning flip turns
- Tread water 2 minutes**

SS3-Crawl stroke w/rhythmic breathing 10 times**

- Back stroke alone with arms 10ft
- Turn over from front to back float/back to front float**
- Bob 5 times travel to safe area in deep water
- Elementary backstroke 15ft in deep water**
- Jump in deep water and crawl stroke
- Jump in deep water/tread water for 30 secs.
- Change direction in deep water**
- Safety bobs 15ft **



SS6-(endurance, speed, butterfly refined, pre-team level)

- Front crawl 4 widths with turns no stopping
- Back crawl 4 widths with turns no stopping
- Butterfly one width alone
- Breast stroke 4 widths with turns no stopping
- Side stroke 4 widths
- Tread water for 3 minutes
- Flip turns alone

Session
A
June
1-11
Mon-Thur

Time	Splash	Beach	WR1 SUPER	WR 1	WR 2	WR 3	WR 4		SS 1	SS 2	SS 3	SS 4	SS 5	SS 6
9:00	●		● SS			●			●	●	●		●	
9:45				●		●	●		●			●		●
10:30		●			●		●			●	●		●	
11:15	●			●					●			●		●
12:00			● SS		●		●			●	●	●		
5:30	●		● SS		●				●	●				5/6
6:15		●		●		●	●				●	●		

Session
B
June
15-25
Mon-Thur

Time	Splash	Beach	WR1 SUPER	WR 1	WR 2	WR 3	WR 4		SS 1	SS 2	SS 3	SS 4	SS 5	SS 6
9:00			SUPER	●			●		●			●	●	●
9:45	●				●	●				●	●		●	
10:30	●			●		●			●			●		●
11:15		●			●		●			●	●		●	
12:00			SUPER			●	●				●	●		
5:30	●		SUPER	●			●			●		●		
6:15		●			●	●			●		●			5/6

Session
C
June 29-
July 9
Mon-Thur

Time	Splash	Beach	WR1 SUPER	WR 1	WR 2	WR 3	WR 4		SS 1	SS 2	SS 3	SS 4	SS 5	SS 6
9:00	●		● SS			●			●	●	●		●	
9:45				●		●	●		●			●		●
10:30		●			●		●			●	●		●	
11:15	●			●					●			●		●
12:00			● SS		●		●			●	●	●		
5:30	●		● SS		●				●	●				5/6
6:15		●		●		●	●				●	●		

Session
D
July
13-23
Mon-Thur

Time	Splash	Beach	WR1 SUPER	WR 1	WR 2	WR 3	WR 4		SS 1	SS 2	SS 3	SS 4	SS 5	SS 6
9:00			SUPER	●			●		●			●	●	●
9:45	●				●	●				●	●		●	
10:30	●			●		●			●			●		●
11:15		●			●		●			●	●		●	
12:00			SUPER			●	●				●	●		
5:30	●		SUPER	●			●			●		●		
6:15		●			●	●			●		●			5/6

Session
E
July 27-
Aug 6
Mon-Thur

Time	Splash	Beach	WR 1	WR 2	WR 3	WR 4		SS 1	SS 2	SS 3	SS 4	SS 5	SS 6
9:00	●				●			●	●	●		●	
9:45			●		●	●		●			●		●
10:30		●		●		●			●	●		●	
11:15	●		●					●			●		●
12:00				●		●			●	●	●		
5:30	●			●				●	●			5/6	
6:15		●	●		●	●			●	●			

