JAC Swim Lessons Classes

Class Age Prerequisite

Kindergarten and Under

 **Turtle Tots 6mo-2 years No prerequisite**

Parent and Child will experience an active 30 minute, instructor guided class. The main goal is to become comfortable on and under the water while blowing bubbles and floating, as well as body position, balance and propulsive kicks.

 **Minnows 1 3-K No prerequisite**

Students are new to water, have not fully submerged or cannot kick on their back 50' using a propulsive kick. Activities include kicking front and back, sculling, rotary breathing and arm strokes.

 **Minnows 2 3-K Comfortable in the water, face in as well as kicking on their back**

Students can pass all Minnow 1 skills. Activities include strong propulsive flutter kicks on the front and back, bilateral breathing, breaststroke kicking and drills for balanced body position.

 **Minnows 3 3-K Freestyle and Backstroke**

Students are already swimming freestyle, demonstrating propulsive kicks and bilateral breathing. Activities include elementary backstroke, somersaults, and drills for breaststroke and butterfly.

9 and Under

 **Jellyfish 1 6-9 No prerequisite**

Students are new to water, have not fully submerged or cannot kick on their back 50' using a propulsive kick. Activities include kicking front and back, sculling, rotary breathing and arm strokes.

 **Jellyfish 2 6-9 Comfortable in the water, kicking and sculling on their back as well as kicking and rotary breathing on the front**

Students can pass all Jellyfish 1 skills. Activities include strong propulsive flutter kicks on the front and back, bilateral breathing, breaststroke kicking and drills for balanced body position.

 **Jellyfish 3 6-9 Freestyle and Backstroke**

Students are already swimming freestyle, demonstrating propulsive kicks and bilateral breathing. Activities include elementary backstroke, somersaults, and drills for breaststroke and butterfly.

 **Sharks 9 & Under Can swim with a strong and proper freestyle and backstroke, legal breaststroke kick and dolphin kick all for 200' each without stopping or breaking from stroke**

Activities include coordinating breaststroke, butterfly, flip turns, open turns, breakouts and drills for strength and endurance.

10 and Over

 **Sea Otters 1 10 & Over No prerequisite**

Students may be new to water, or still learning breath control, balance and propulsive kicks. Activities include kicking front and back, sculling, bilateral breathing and arm strokes, elementary backstroke and drills for balanced body position.

 **Sea Otters 2 10 & Over Freestyle and Backstroke**

Students are already swimming freestyle, demonstrating propulsive kicks and bilateral breathing. Activities include breaststroke kicking, dolphin kicking, somersaults, and refining backstroke and freestyle.

 **Swordfish 10 & Over Can swim with a strong and proper freestyle and backstroke, legal breaststroke kick and dolphin kick all for 200' each without stopping or breaking from stroke**

Activities include coordinating breaststroke, butterfly, flip turns, open turns, breakouts and drills for strength and endurance.

Adults

 **Adult levels 15+ Any level welcome!**

Activities focus on body position, breathing and kicking which then lead into stroke building and refinement.