

Dear Swim Program Participants and Parents,

My name is Emily Williams and I am the new Beach Director for the Summer 2017 season. I am eager to start and meet all of you!

I recently graduated from Worcester State University with a Bachelor's in Psychology and Communication Science and Disorders. I love the beach, reading books, and learning new things. I have been a lifeguard for 5 years and been doing swim lessons for 4. Swimming lessons will be taught in ability groups and I want to help each child improve on his/her strengths and overcome the weaknesses as a swimmer. Everyone needs to feel confident and safe in the water.

I want swim lessons to be fun and enjoyable for all swimmers!

The following will be some helpful information for knowing which class your child should attend and a few reminders as well:

- ✚ Swimming lessons will run Monday through Thursday beginning on Monday, June 26th and ending on Thursday, August 17th. Each lesson is 25 minutes long.
- ✚ During the first week, each child will be asked to perform specific skills from the previous level. Swimmers will be assigned based on their performance.
- ✚ We plan on having two swim meets this summer.
- ✚ Please note what level your child is according to the descriptions below.
If you are unsure of the level or the skills your child has, let me know and I can help you!

Waterbabies (10:00- 10:25)

This program is designed for those 5 and under

- ✚ The key purpose of this program is to have fun and help develop a trusting relationship between parents, children, instructors, and the water.
- ✚ This program requires a parent or trusted adult to be in the water with their child.
- ✚ This program is for young children to get comfortable with/in the water.
- ✚ This level is not designed for swimmers to survive in the water on their own.

Skills to be Learned (with parent contact):

Water entry, front kick, bubble blowing, front glide, back float, safety skills, water exit

Level 1- Introduction to Water Skills (10:30- 10:55)

This program is designed for beginners

- ✚ The purpose of this program is to develop positive attitudes, good swimming habits, and safe practices in and around the water.
- ✚ Swimmers will be in the water improving on skills

Skills to be Learned:

Blowing bubbles, bobbing, independent floating, flotation rotations, front glide, back glide, breathing, arm and leg treading actions, water safety

Level 2- Fundamental Aquatic Skills (11:00-11:25)

- ✚ The key purpose of this program is to increase Water Skills and practice more fundamentals.

Skills to be learned:

Rotary breathing, bobbing, floating positions (front, jellyfish, tuck), vertical position from front and back glide, arm and leg treading actions, arm and leg actions on back, water safety

Level 3-Stroke Development (11:30- 11:55)

- ✚ The purpose of this program is to increase water and swimming skills.
- ✚ All strokes will be introduced but not mastered.

Skills to be learned:

Rotary breathing, back float, survival float, tread water, flutter kicks, dolphin kicks, front crawl, breaststroke kick, elementary backstroke, scissor kicks, and water safety

Level 4-Stroke Improvement (12:00-12:25)

- ✚ This purpose of this program is to improve on strokes and learn new ones.

Skills to be learned:

Diving, survival swimming, front crawl, back crawl, tread water (2 different kicks), breaststroke, butterfly, elementary backstroke, sidestroke, water safety

Level 5-Stroke Refinement (12:30-12:55)

- ✚ This key purpose of this program is to improve on strokes and the distant swimmers can swim.
- ✚ This level is the last before Junior Lifeguard (which will not be taught).

Skills to be learned:

Diving, tread water, front crawl, breaststroke, butterfly, elementary backstroke, back crawl, sculling (on back), sidestroke, water safety

Please let me know if you need any assistance with determining the level your child is at or if you have any questions about the programs!

Sincerely,

Emily Williams