



HARPER'S POINT – SWIM LESSONS 2018

By SwimSafe Pool Management Co.

SwimSafe offers a wide variety of swim lessons for swimmers of all ages. Our instructors are highly qualified and trained by our own staff using our teaching philosophy and lesson curriculum.

Register online at HarpersPoint.CourseStorm.com

All class require online registration prior to the start of class.
Classes fill quickly so we suggest registering as early as possible.

Please note, classes will be combined or cancelled if enrollment is below 3 participants.

Waitlist Policy

It is our goal to put every child into lessons. If you are on the waitlist, the Head Swim Lesson Coordinator will contact you with options if it is possible to get your child into lessons.



Cancellation Policy

If thunder or lightning is in your area within 15 minutes before the start of class the lesson will be cancelled. Please note that classes will not be cancelled more than 30 minutes prior to start. When possible, a make-up class may be offered.

For updated cancellation information visit
Cancellations.CourseStorm.com

WEEKDAY LESSONS:

Session 1: June 4-14

Session 2: June 18-28

Session 3: July 2-12 (no class 7/4)

COST

\$42 /child / session

Classes Run

Monday—Thursday
10:00-11:00am

SIGN-UP NOW FOR THE CLASS THAT'S RIGHT FOR YOUR CHILD!

HarpersPoint.CourseStorm.com
Cancellations.CourseStorm.com
SwimSafePool.com
513-755-7075
lessons@swimsafepool.com



Frogs & Tadpoles



Flounder



Jellyfish



Octopus



Clownfish



Seahorse



SwimSafe School Lesson Program

Not Sure What Level to Sign your Child up For?



Frogs & Tadpoles - Mommy & Me (6 months - 3 years) - This is an interactive class and we recommend that the child has at least the ability to hold his/her head up independently. The class will mimic much of the Flounder Station, but will be catered to the age group and adult/child relationship. There will be a strong emphasis on safety, water acclimation, and teaching through game/song and parent involvement.



Flounder Skills - Water Exploration - child must be able to leave parent. Child will become acclimated to the water through games. Child will learn basic safety skills in addition to water submersion and floating with support.



Jellyfish Skills - Primary Skills - child needs to be acclimated to water. Child will learn to be in the water unassisted on both front and back positions. Bobbing, floating, and kicking will be the main focus of this level. Safety and learning through games will still be incorporated into this level.



Octopus Skills - Stroke Readiness - child is comfortable floating unassisted on both front and back. Child can recover from float to standing position unassisted and be able to have a propulsive kick. Child will begin learning freestyle, backstroke, elementary backstroke, treading water, and diving. Safety skills and games will also be incorporated into this level.








Clownfish Skills - Stroke Development - child must be able to swim novice freestyle and backstroke, be able to jump in and return to the side unassisted, tread water for 10 seconds, and know the basics of the breaststroke and butterfly kicks. Freestyle and backstroke skills will be refined. Endurance will be increased in all skills.



Seahorse Skills - Stroke Refinement - child is a strong swimmer in both freestyle and backstroke and has a novice understanding of both breaststroke and butterfly. Child can do somersaults in the water, tread for one minute, and dive from a kneeling position. Child will learn to swim 25 meters of each of the four competitive strokes legally, standing dive, flip turns and open turns. The goal of this level is for swimmers to be able to complete a 100 meter swim continuously.

Skill Level Expectations (completion of skill set required to pass each station)

 <p>Flounder Skills</p> <ul style="list-style-type: none"> * Monkey crawl to safety * Supported front & back float * Assisted recovery position from front & back * Safe way in and out * Introduction to bobs * Bubbles from nose/mouth * Assisted movement around pool 	 <p>Jellyfish Skills</p> <ul style="list-style-type: none"> * Push off wall to front float * Push off wall to back float * Recovery position from unassisted front float, back float, front glide, back glide * 5 bobs with bubbles * Submersion for objects * Propulsive kicking with or w/o floatation * Push off streamline & roll to back 	 <p>Octopus Skills</p> <ul style="list-style-type: none"> * Tread for 10 seconds * Sculling on front/back * Elementary backstroke * Novice freestyle/backstroke * Jumping bobs * Intro to all kicks (in streamline) * Sit dive * Jump in & return to wall * Jump in & push off to back glide
<p>Clownfish Skills</p> <ul style="list-style-type: none"> * Tread for 1 minute * Strong free & back * Novice fly & breaststroke * Backwards bobs * Kneel dive * Handstand * Front somersault * Strong kicks 	<p>Seahorse Skills</p> <ul style="list-style-type: none"> * Tread/Swim/Tread * 25 meter each of free/back/fly/breast * Eggbeater kick * 100 meter continuous swim * Standing dive * Flipturns 	<p>Questions? Concerns? Lessons@swimsafepool.com</p> <p>SwimSafe Pool Mngmt. 107 Commerce Dr. Loveland, OH 45140</p> <p>513-755-7050</p>