

Baker Swim Complex

Learn to Swim Program – Class Information 2009

Our swim lessons here at the Baker Swim Complex are based on the American Red Cross learn-to-swim program, and our Water Safety Instructors are all American Red Cross certified. Our goal is to help your child gain water safety skills and improve their abilities and techniques, while at the same time making you feel more comfortable and confident about your child's safety in and around the water. It is important to us that your child has a positive experience during the learning process. Our 45 minute lessons include a safety lesson on deck prior to entering the water, and 30 minutes of instruction in the pool. Each class is limited to a maximum capacity of six students. We also offer private lessons.

Level 1 is an introductory course where your child will be encouraged to become comfortable going under water. We begin teaching breath control and the instructor will teach alternating arm and leg motions as well as stress the importance of a horizontal position in the water. In order to pass level 1, your student must be able to swim five yards and float without assistance on his/her front and back.

Level 2 will be the start of stroke development. Students will learn the freestyle and backstroke and continuing stress will be placed on breath control. In order to pass level 2, students must have a basic development of these strokes, begin to develop correct breathing habits, and be able to swim at least 12 yards with a continuous proper stroke.

Level 3 will continue stroke development. Your student will continue to work on freestyle and backstroke, and will also learn the breaststroke and butterfly kick. Students must be efficient in the proper breathing techniques. Diving and treading water are also introduced. To pass level 3, each student must have a basic development of all strokes and be able to swim each stroke a distance of 25 yards.

Level 4 your child will continue to be critiqued on each stroke and will begin the butterfly stroke. Flip turns will also be introduced. At this level, your child should be capable of swimming full 25 yard sets. Following the completion of level 4, we hope your child will be interested in joining one of our local swim clubs!

Mommy/Daddy and Me is designed to get your child familiar with being in the water. It is required that each student be accompanied by a parent/guardian during the course. The instructor will provide games, songs, and activities that will help your child enjoy their water exploration experience while also learning important water safety skills.

Water Polo will be offered during our 4th session only. It will be 8:30 – 9:30 a.m. for the two week session. It is a camp designed to teach beginners with little or no experience. All ages will be welcome, but we do require the students to be adequate swimmers who are comfortable in the deep end. Our experienced instructors will focus on teaching the fundamentals of the sport.

Swim lessons are Monday through Thursday. It is \$85 per student per session. Each session is two weeks.