

TRAIL POINT SWIM ACADEMY
Group & Private Lessons – Winter 2022
January 10 – February 3rd

GROUP SWIM LESSONS				
LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LEVEL 0 <i>Parent/Child</i>		4:30 pm-5:00 pm		
LEVEL 1	5:15 pm-5:45 pm		4:30 pm-5:00 pm	4:30 pm-5:00 pm
LEVEL 2	4:30 pm-5:00 pm		5:15 pm-5:45 pm	
LEVEL 3	6:00 pm-6:30 pm		6:00 pm-6:30 pm	
LEVEL 4	6:30 pm-7:00 pm			
LEVEL 5			6:30 pm-7:00 pm	

Group Lessons meet 1x/week for 4 weeks.

REGISTRATION:

Begins: December 15, 8:00 am

Ends: January 5, 8:00 am

INVESTMENT:

Group:

Members: \$45 / Non-Members: \$55

Private:

Members: \$90 / Non-Members: \$120

PRIVATE SWIM LESSONS	
TUESDAY	4:30pm-5:00pm
	5:10pm-5:40pm
	5:50pm-6:20pm
	6:30pm-7:00pm
THURSDAY	4:30pm-5:00pm
	5:10pm-5:40pm
	5:50pm-6:20pm
	6:30pm-7:00pm

TRAIL POINT SWIM ACADEMY

Group Lesson Level Guide

LEVEL 0 (PARENT/CHILD)	
Can participant enter water confidently without parent/guardian?	
NO to ANY questions? ENROLL IN LEVEL 0	YES to ALL questions? MOVE TO LEVEL 1
LEVEL 1	
Can participant blow bubbles?	
Can participant put their head under the water?	
Can participant enter and exit the water safely?	
Can participant float on front/back with help?	
Can participant jump into water with assistance?	
NO to ANY questions? ENROLL IN LEVEL 1	YES to ALL questions? MOVE TO LEVEL 2
LEVEL 2	
Can participant perform 5 bobs (fully submerge head and body) in chest deep water?	
Can participant float on front/back unassisted?	
Can participant glide on front/back unassisted?	
Can participant retrieve a submerged object?	
Can participant safely jump and return to wall without assistance?	
NO to ANY questions? ENROLL IN LEVEL 2	YES to ALL questions? MOVE TO LEVEL 3
LEVEL 3	
Can participant perform 10 bobs (fully submerge head and body) in chest deep water?	
Can participant float on front/back for 30 seconds?	
Can participant perform front crawl and backstroke 15 yards?	
Can participant dolphin and scissor kick?	
Can participant tread in deep water for 30 seconds?	
Can participant perform elementary backstroke?	
NO to ANY questions? ENROLL IN LEVEL 3	YES to ALL questions? MOVE TO LEVEL 4
LEVEL 4	
Can participant perform elementary backstroke 20 yards?	
Can participant perform freestyle and backstroke 25 yards? (Pass the swim test)	
Can participant perform the breast stroke and butterfly stroke?	
Can participant perform a feet-first (pencil) dive and seated dive?	
Can participant tread in deep water for 1 minute?	
NO to ANY questions? ENROLL IN LEVEL 4	YES to ALL questions? MOVE TO LEVEL 5
LEVEL 5	
Can participant jump into deep water and perform all strokes (freestyle, backstroke, elementary backstroke, butterfly, breast stroke) 25 yards?	
Can participant perform sidestroke?	
Can participant tread in deep water for 2 minutes?	
Can participant perform kneeling and standing dives?	
Can participant dive off blocks?	
NO to ANY questions? ENROLL IN LEVEL 5	YES to ALL questions? MOVE TO PRIVATE LESSONS
Private Swim Lessons	
1 X 1 Instruction	Choose one of the Levels or Build your own lesson with your instructor

