

**TRAIL POINT SWIM ACADEMY**  
Group & Private Lessons – Fall 2022  
September 12<sup>th</sup> - October 8<sup>th</sup>

GROUP SWIM LESSONS				
LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<b>LEVEL 0</b> <i>Parent/Child</i>			5:00pm-5:30pm	
<b>LEVEL 1</b>	4:30pm-5:00pm	5:10pm-5:40pm		5:10pm-5:40pm
<b>LEVEL 2</b>	5:10pm-5:40pm	4:30pm-5:00pm		5:50pm-6:20pm
<b>LEVEL 3</b>	5:50pm-6:20pm		6:15pm-6:45pm	
<b>LEVEL 4</b>			6:15pm-6:45pm	
<b>LEVEL 5</b>			6:15pm-6:45pm	

**Group Lessons meet 1x/week for 4 weeks.**

**REGISTRATION:**

**Begins:** August 10, 8:00 am

**Ends:** August 24, 8:00 am

**INVESTMENT:**

**Group:**

Members: \$55 / Non-Members: \$65

**Private:**

Members: \$110 / Non-Members: \$150

PRIVATE SWIM LESSONS	
<b>Monday-Thursday</b>	4:30pm-5:00pm
	5:10pm-5:40pm
	5:50pm-6:20pm
	6:30pm-7:00pm

PRIVATE SWIM LESSONS	
<b>Saturday</b>	9:00am-9:30am
	9:40am-10:10am
	10:20am-10:50am
	11:00am-11:30am

# TRAIL POINT SWIM ACADEMY

## Group Lesson Level Guide

<b>LEVEL 0 (PARENT/CHILD)</b>	
Can participant enter water confidently without parent/guardian?	
<b>NO</b> to <b>ANY</b> questions? <b>ENROLL IN LEVEL 0</b>	<b>YES</b> to <b>ALL</b> questions? <b>MOVE TO LEVEL 1</b>
<b>LEVEL 1</b>	
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?	
<b>NO</b> to <b>ANY</b> questions? <b>ENROLL IN LEVEL 1</b>	<b>YES</b> to <b>ALL</b> questions? <b>MOVE TO LEVEL 2</b>
<b>LEVEL 2</b>	
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?	
<b>NO</b> to <b>ANY</b> questions? <b>ENROLL IN LEVEL 2</b>	<b>YES</b> to <b>ALL</b> questions? <b>MOVE TO LEVEL 3</b>
<b>LEVEL 3</b>	
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?	
<b>NO</b> to <b>ANY</b> questions? <b>ENROLL IN LEVEL 3</b>	<b>YES</b> to <b>ALL</b> questions? <b>MOVE TO LEVEL 4</b>
<b>LEVEL 4</b>	
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?	
<b>NO</b> to <b>ANY</b> questions? <b>ENROLL IN LEVEL 4</b>	<b>YES</b> to <b>ALL</b> questions? <b>MOVE TO LEVEL 5</b>
<b>LEVEL 5</b>	
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?	
<b>NO</b> to <b>ANY</b> questions? <b>ENROLL IN LEVEL 5</b>	<b>YES</b> to <b>ALL</b> questions? <b>MOVE TO PRIVATE LESSONS</b>
<b>Private Swim Lessons</b>	
1 X 1 Instruction	Choose one of the Levels or Build your own lesson with your instructor

