

TRAIL POINT SWIM ACADEMY
Group & Private Lessons – Winter 2023
January 9th - February 4th

GROUP SWIM LESSONS				
LEVELS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LEVEL 0 <i>Parent/Child</i> <i>*Parent must get in the water with the child.</i>			5:00 pm-5:30 pm	
LEVEL 1	4:30 pm-5:00 pm 4:45 pm-5:15 pm	5:20 pm-5:50 pm 6:00 pm-6:30 pm		5:00 pm-5:30 pm 5:15 pm-5:45 pm
LEVEL 2	5:20 pm-5:50 pm 6:00 pm-6:30 pm	4:30 pm-5:00 pm 4:45 pm-5:15 pm		5:50 pm-6:20 pm 6:00 pm-6:30 pm
LEVEL 3	6:00 pm-6:30 pm		6:15 pm-6:45 pm	
LEVEL 4			6:15 pm-6:45 pm	
LEVEL 5			6:15 pm-6:45 pm	

Group Lessons meet 1x/week for 4 weeks.

REGISTRATION:

Begins: December 14 8:00 am

Ends: January 5, 8:00 am

INVESTMENT:

Group:

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

Private:

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

PRIVATE SWIM LESSONS

Monday-Thursday	4:30 pm-5:00 pm
	5:10 pm-5:40 pm
	5:50 pm-6:20 pm
	6:30 pm-7:00 pm

PRIVATE SWIM LESSONS

Saturday	9:00am-9:30am
	9:40am-10:10am
	10:20am-10:50am
	11:00am-11:30am

LEVEL 0 (PARENT/CHILD) Parent must get in the water with 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 swim front stroke/backstroke 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 swim front stroke unassisted? Can participant swim backstroke with assistance? 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 – Must be at least 5 years old by time of registration	
Can participant jump into deep water and return to wall safely? Can participant float on front/back for 1 minute? Can participant perform front stroke and backstroke for 25 yards? (Pass the swim test) Can participant dolphin and scissor kick? Can participant tread in deep water for 1 minute? Can participant perform elementary backstroke and breaststroke for 15 yards? NO to ANY questions? ENROLL IN LEVEL 3	YES to ALL questions? MOVE TO LEVEL 4
LEVEL 4 - Must be at least 5 years old by time of registration	
Can participant perform elementary backstroke and breaststroke for 25 yards? Can participant perform front stroke and backstroke 25 yards? (Pass the swim test) Can participant swim 3-5 body lengths underwater (breaststroke) without hyperventilating? Can participant perform a feet-first (pencil) dive, seated dive, and headfirst 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 - Must be at least 5 years old by time of registration	
Can participant jump into deep water and perform front stroke/backstroke, and breaststroke for 50 yards Can participant perform sidestroke, butterfly, and elementary backstroke for 25 yards? Can participant tread in deep water for 2 minutes (with arms & legs) as well as 1 minute without arms? Can participant perform kneeling and standing dives and dive off blocks? Can participant perform a sufficient flip turn? 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