



TRAIL POINT SWIM ACADEMY

Fall 2019 Swim Lessons

September 9 – October 28

6-Week Group Lessons \$55 Members / \$100 Non-Members

6-Week Private Lessons: \$100 Members / \$150 Non-Members

LEVELS			
LEVEL 0 <i>Parent/Child</i> Discover (3mo-3yrs)	LEVEL 2 Develop (4-6yrs)	LEVEL 4 Intro to Stroke (5-8yrs)	LEVEL 6 Master Stroke (6+yrs)
LEVEL 1 Prepare (3-4yrs)	LEVEL 3 Endurance (5-8yrs)	LEVEL 5 Developmental Stroke (6+yrs)	PRIVATE 1x1 Instruction

MORNING LESSONS			
TUESDAY		THURSDAY	
LEVEL 0	9:30am-10:00am	9:30am-10:00am	
LEVEL 1	10:10am-10:40am	10:10am-10:40am	

EVENING LESSONS				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
LEVEL 0	4:30pm-5:00pm			
LEVEL 1	5:10pm-5:40pm	4:30pm-5:00pm	5:10pm-5:40pm	5:50pm-6:20pm
LEVEL 2	5:50pm-6:20pm	5:10pm-5:40pm	4:30pm-5:00pm	4:30pm-5:00pm
LEVEL 3		5:50pm-6:20pm	5:50pm-6:20pm	5:10pm-5:40pm
LEVEL 4	6:30pm-7:00pm	6:30pm-7:00pm	6:30pm-7:00pm	
LEVEL 5	7:10pm-7:40pm			6:30pm-7:00pm
LEVEL 6			7:10pm-7:40pm	7:10pm-7:40pm

SATURDAY	
LEVEL 0	9:00am-9:30am
LEVEL 1	9:40am-10:10am 11:40am-12:10am
LEVEL 2	10:20am-10:50am 11:40am-12:10am
LEVEL 3	9:00am-9:30am 11:00am-11:30am
LEVEL 4	9:40am-10:10am
LEVEL 5	10:20am-10:50am
LEVEL 6	11:00am-11:30am

PRIVATE LESSONS: 30 MINUTES			
MON	5:10pm	5:50pm	6:30pm
TUE	5:10pm	5:50pm	6:30pm
WED	5:10pm	5:50pm	6:30pm
THU	5:10pm	5:50pm	6:30pm
SAT	9:40am	10:20am	11:00am
SUN	1:00pm	1:40pm	2:15pm

Registration for Fall Swim Academy:
 Member Registration: August 21 (8am)
 Non-Members: August 28 (8am)
 Registration Ends: September 4

Register for group and private lessons at the Membership Desk or online at mytrailpoint.com



AQUATICS & WELLNESS

TRAIL POINT SWIM ACADEMY

Lesson Level Guide

LEVEL 0 (Discover)	3 months – 3 years
<p>Can your child blow bubbles? Can your child put their head under the water? Can your child enter and exit the water safely?</p> <p>NO to ANY questions? ENROLL IN LEVEL 0 YES to ALL questions? MOVE TO LEVEL 1</p>	
LEVEL 1 (Prepare)	3 – 4 years
<p>Can participant float unassisted? Can participant glide unassisted? Can participant front crawl and backstroke 4 yards?</p> <p>NO to ANY questions? ENROLL IN LEVEL 1 YES to ALL questions? MOVE TO LEVEL 2</p>	
LEVEL 2 (Develop)	4 – 6 years
<p>Can participant glide 4 yards? Can participant front crawl and backstroke 7 yards? Can participant dolphin kick?</p> <p>NO to ANY questions? ENROLL IN LEVEL 2 YES to ALL questions? MOVE TO LEVEL 3</p>	
LEVEL 3 (Endurance)	5 – 8 years
<p>Can participant glide and dolphin kick 7 yards? Can participant freestyle and backstroke 10 yards? Can participant breaststroke 4 yards?</p> <p>NO to ANY questions? ENROLL IN LEVEL 3 YES to ALL questions? MOVE TO LEVEL 4</p>	
LEVEL 4 (Intro to Stroke)	5 – 8 years
<p>Can participant freestyle, backstroke, and dolphin kick 15 yards? Can participant breaststroke 15 yards? Can participant butterfly 4 yards?</p> <p>NO to ANY questions? ENROLL IN LEVEL 4 YES to ALL questions? MOVE TO LEVEL 5</p>	
LEVEL 5 (Developmental Stroke)	6+ years
<p>Can participant freestyle and backstroke 25 yards? Can participant breaststroke 25 yards? Can participant butterfly 15 yards?</p> <p>NO to ANY questions? ENROLL IN LEVEL 5 YES to ALL questions? MOVE TO LEVEL 6</p>	
LEVEL 6 (Master Stroke)	6+ years
<p>Can participant freestyle and backstroke 50 yards? Can participant breaststroke 25 yards? Can participant butterfly 25 yards?</p> <p>NO to ANY questions? ENROLL IN LEVEL 6 YES to ALL questions? ENROLL IN PRIVATE</p>	
Private Swim Lessons	All Ages
1 X 1 Instruction	Choose one of the Levels or Build your own lesson with your instructor