



TRAIL POINT SWIM ACADEMY

Spring 2020 Swim Lessons

March 23– May 3

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

6-Week Private Lessons: \$110 Members / \$160 Non-Members

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

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

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

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

PRIVATE LESSONS (30 MIN.)			
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

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Winter 2020 Swim Lessons

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</p>	YES to ALL questions? MOVE TO LEVEL 1
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</p>	YES to ALL questions? MOVE TO LEVEL 2
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</p>	YES to ALL questions? MOVE TO LEVEL 3
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</p>	YES to ALL questions? MOVE TO LEVEL 4
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</p>	YES to ALL questions? MOVE TO LEVEL 5
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</p>	YES to ALL questions? MOVE TO LEVEL 6
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</p>	YES to ALL questions? ENROLL IN PRIVATE
Private Swim Lessons	All Ages
1 X 1 Instruction	Choose one of the Levels or Build your own lesson with your instructor