

# WEST COTTONWOOD SCHOOL

## GROUP SWIM LESSON SCHEDULE & CLASS DESCRIPTIONS

### JUNE 15 – 19

9:15 – 9:45 a.m.

- Guppy
- Starfish

9:50 – 10:20 a.m.

- Tadpole
- Polliwog

10:25 – 10:55 a.m.

- Starfish
- Guppy

11:00 – 11:30 a.m.

- Shrimp
- Polliwog

### JUNE 22 – 26

9:15 – 9:45 a.m.

- Guppy
- Starfish

9:50 – 10:20 a.m.

- Tadpole
- Polliwog

10:25 – 10:55 a.m.

- Starfish
- Guppy

11:00 – 11:30 a.m.

- Shrimp
- Polliwog



#### **SHRIMPS**

**6 months to 3 years with adult**

This class helps build self-confidence, parent-child relations and interactions, and leads to a life-long enjoyment of the water. This parent-child class creates a fun and supportive environment for learning and sharing special moments with your child. **All non-potty trained children must wear a swim diaper.**

#### **STARFISH**

**2.5 to 5 years**

This class instills confidence in the aquatic environment without direct parent contact. The child will gain an understanding of pool rules, safety and partake in aquatic games. Children learn and become accustomed to submerging in water; bubble blowing; moving about comfortably and how to safely have fun. **All non-potty trained children must wear a swim diaper.**

#### **TADPOLE**

**4 to 7 years**

This class focuses on comfort in the water without direct parent contact. Instructors will introduce personal safety skills, rhythmic breathing, how to float and glide on the child's front and back and encourage comfort and confidence in the water. **All non-potty trained children must wear a swim diaper.**

#### **POLLIWOG**

**5 to 10 years**

During the Polliwog class, the instructor takes a larger focus on mobility in the water, including rhythmic breathing. Children review the basics of floating, are introduced to the paddle stroke and to proper kicking on front and back. Polliwog participants will become more comfortable in deeper water, personal safety and survival skills.

#### **GUPPY**

**5 to 12 years**

This class spends time enhancing the children's ability to swim. The main focus is on developing the front crawl and rotary breathing, introduction to back crawl and underwater swimming, as well as dealing with personal safety, rescue skills and playing games.

**Advanced swim levels, youth swim clubs and private lessons available at the Shasta Family YMCA location in Redding.**