

-CATS Learn 2 Swim-

Summer Swim Lesson Program

How to determine your child's group?

Please read through ALL three levels below before you decide which group your child belongs in. It is important to know that the instructor and the program director have the right to move participants accordingly. L2S participants will not move to the higher group until they have mastered ALL skills in their current group. It is vital that we have students placed in groups according to their actual skill level.

Below you will also see the detailed list of skills taught in each level.

LEVEL 1 (RAYS)

- ✓ Entry and Exit of pool
- ✓ Willingly submerge face in water
- ✓ Blow Bubbles- mouth and nose
- ✓ Bobbing
- ✓ Front Float- assisted
- ✓ Back Float- assisted
- ✓ Front Kick- assisted
- ✓ Back Kick- assisted

If your swimmer is proficient at each of these skills, sign them up for L2 **Sharks**.

LEVEL 2 (SHARKS)

- ✓ Willingly enter pool and adjust to temperature
- ✓ Roll from front to back/ back to front
- ✓ Fully submerge head and hold breath under water
- ✓ Enter water by step or jump in
- ✓ Bobbing to a glide
- ✓ Change of direction
- ✓ Float Front and Back- 5 seconds unassisted
- ✓ Front and Back Kick- unassisted
- ✓ Pick up dive sticks from bottom

If your swimmer is proficient at each of these skills, sign them up for L3 **Piranhas**.

LEVEL 3 (PIRANHAS)

- ✓ Jump in deep water
- ✓ Tread water
- ✓ Freestyle- Arm stroke, kick, breathing
- ✓ Backstroke- body positioning, arm stroke and kick
- ✓ Deep water bobbing
- ✓ Move 7 yards from side without assistance
- ✓ Intro to Breaststroke and Butterfly (not needed for JR CATS)

If your swimmer is proficient at each of these skills, sign them up for **JUNIOR CATS**.

JUNIOR CATS Swim Program

Our **JUNIOR CATS** Swim Program is designed for swimmers who have graduated from our Learn2Swim Lessons Program, but are not ready to make the full commitment to the CATS Swim Team. The **JUNIOR CATS** will practice Monday- Friday from 10:30am- 11:10am. Eligible swimmers are able to participate in one or both of our three-week sessions. SESSION 1 begins June 18th (June 18th – July 6th) and SESSION 2 begins on July 9th (July 9th-AUG 3th). There is NO CLASS the week of July 16th – 20th. Space is limited! The **JR CATS** program is \$112 per session per student. Although we have no age limit it is important that our swimmers can perform a few basic safety/swimming techniques in order to be eligible for this class. **JUNIOR CATS** must be able to swim independently in the water and have a high level of confidence while in the pool. It is vital for safety reasons that our **JR CATS** can navigate their way through the pool without a coach standing next to them. The L2S Director reserves the right to remove participants if necessary. Please refer to our check list of L2S Levels as our **JR CATS** must be proficient up through the **Piranhas** level.