

-CATS Learn 2 Swim-

2023 Swim Lesson Group Description

How to determine your child's group?

Please read through ALL three levels below before you decide which group your child should be placed in. It is important to know that the instructor and the program director will move participants accordingly if needed. L2S participants will not move to the higher group until they have mastered ALL skills in their current group. Weekly evaluation sheets will be provided by the teacher which will determine if a student has passed and can move up. All students must be Fully Potty Trained (per pool rules) to participate.

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

RAYS-

This is our most basic level of swimmer at CSTC and reserved for athletes who are learning to become more comfortable putting their face in the water.

We will introduce the following skills-

- ✓ Safe Entry and exit of pool
- ✓ Submerge face in water
- ✓ Blow Bubbles- mouth and nose
- ✓ Front Float- assisted
- ✓ Back Float- assisted
- ✓ Front Kick- assisted
- ✓ Back Kick- assisted

If your swimmer is proficient at ALL of these skills, sign them up for Level 2- **Sharks**.

SHARKS-

MUST have current proficiency in all RAYS skills as of this summer!

- ✓ Willingly enter pool and adjust to temperature
- ✓ Roll from front to back/ back to front
- ✓ Fully submerge head and hold breath under water
- ✓ Enter 4 ft water by step or jump in
- ✓ Bobbing to a glide
- ✓ Change of direction while swimming
- ✓ Float Front and Back- 5 seconds unassisted
- ✓ Front and Back Kick- unassisted
- ✓ Pick up dive sticks from bottom

If your swimmer is proficient at ALL of these skills, sign them up for Level 3- **Piranhas**.

PIRANHAS

Must be WILLING to SWIM in the deep end of the pool!

- ✓ Jump in deep water
- ✓ Tread water
- ✓ Freestyle- Arm stroke, kick, breathing
- ✓ Backstroke- body positioning, arm stroke and kick
- ✓ Deep water bobbing
- ✓ Move 10 yards from side of the pool without assistance
- ✓ Breaststroke and butterfly basics!

If your swimmer is proficient at each of these skills, sign them up for **SWIM TEAM!**

JUNIOR CATS Swim Program/EVENING SWIM TEAM

Our **JUNIOR CATS** swim program has officially joined with the CATS SWIM TEAM! The newly created **Evening Swim Team** is designed for swimmers who have graduated from our *Learn 2 Swim* lessons program and are not able to participate in morning CATS swim team practices. Eligible swimmers will participate the full swim team season and will also qualify to swim at all swim meets. Space is limited! We have hired the CATS swim team coaches to run the **Evening Swim Team**. The **Evening Swim Team** is \$275 per for the entire swim season (8 weeks). Practices are 45 minutes and will run on Tuesday, Wednesday and Thursday evenings. **Evening Swim Team** members must be able to perform a few basic safety/swimming techniques in order to be eligible for this class. Participants 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 swimmers can navigate their way through the pool without a coach standing next to them. Students must be able to swim multiple lengths of the pool during class while unassisted to participate in the group. The L2S director reserves the right to move participants out of this group if necessary.