

-CATS Learn 2 Swim-

2021 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 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.

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

RAYS-

- ✓ **Students must be Fully Potty Trained** (per pool rules). This is our most basic level of swimmer at CSTC and reserved for athletes who are learning to blow bubbles and put 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 L2 **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 L3 **Piranhas**.

PIRANHAS

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**

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

JUNIOR CATS Swim Program-

Our **JUNIOR CATS** Swim Program is designed for swimmers who have graduated from our *Learn 2 Swim* lessons program but are not ready to make the full commitment to the CATS Swim Team. Eligible swimmers are able to participate in one or all of our three-week sessions. Space is limited! The **JR CATS** program is \$109 per session per student. Classes are 45 minutes each. 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 in the water. Students must be able to swim multiple lengths of the pool, during class and unassisted, to participate in the group. The L2S director reserves the right to move participants out of this group if necessary. Please refer to our check list of L2S Levels as our **JR CATS** must be proficient up through the **Piranhas** level.