

# BVSC Swim Lessons

Swim lessons run Monday – Thursday; Fridays may be used as a make-up day if the lesson has been canceled due to inclement weather or unforeseen pool closure.

## 2010 Swim Lesson Schedule

Week 1: June 21 - 24

Week 2: June 28 - July 1

Week 3: July 5 - 8

Week 4: July 12 - 15

Week 5: July 19 - 22

The cost of each weekly lesson is \$20.00 (*fees will not be prorated*). Your child must be signed up prior to the first lesson. Payment is due the first day of class. Please give your payment to the lifeguard on duty. Checks should be made payable to BVSC.

### 10:30 – 11:00 A.M.

Beginner  
Advanced Beginner  
Intermediate  
Pre-swim team/Stroke Work

### 11:00 – 11:30 A.M

Beginner  
Advanced Beginner  
Intermediate

### **Beginner**

Gain confidence in the water  
Jump off side  
Front float (face in water)  
Back float  
Introduce basic stroking

### **Advanced Beginner**

Introduce side breathing with front crawl  
Introduce backstroke  
Jump off diving board  
Comfortable with head fully submerged  
Should be able to complete width of pool

### **Intermediate**

Swim under water  
Improve front crawl  
Improve backstroke  
Introduce breaststroke  
Introduce butterfly

### **Pre-Swim Team/Stroke Work**

Swimmers must know all 4 strokes. Each day instructors will work on improving a selected stroke, and introduce the start, turn, and pull out.  
Monday – Front crawl  
Tuesday – Backstroke  
Wednesday – Breaststroke  
Thursday – Butterfly

Classes may be canceled or combined if too few swimmers register.  
Classes are limited to 6-8 swimmers depending on the skill level.

*~Swim lessons are taught by the talented staff from the Costick Center~*