

## Country Pool Swim Classes - Summer 2025

At Country Pool, our swimming classes for kids are tailored to the needs of each child, so that he or she can progress at a comfortable pace. And although some children may advance more quickly or slowly, our instructors ensure that everyone receives the instruction they need. The children who signed up will be divided into two groups - Beginner (Fish) and Intermediate (Flying Fish).

The Learn-to-Swim program focuses on building skills one step at a time. By giving the children the opportunity to master one element before moving on to the next, our kids' swim classes make it easy to build confidence in the water.

During their swim lessons, children will spend time on one of the following two levels. All youth will be evaluated for basic skills at the first class and then will be divided into two groups. The intermediate level will do some swimming in the deep end and will be able to jump off the diving board. The children will have 6 half hour classes over two weeks. Each class will start with a small group meeting for all participants.

- Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
  - First class - Use hand over hand and walk on the side holding on in the shallow end of the pool, work on hand and feet strokes on land, work on strokes in the pool, blow bubbles, put your head under
  - Second class – Work on hand and foot strokes on the side of the pool, go into the pool and kick with hands on the wall and use arms
  - Third class - Use a kick board to practice legs and practice arms by moving from the wall to the instructor, swim underwater, find rings under water
  - Fourth class – Swim from side to side in the shallow end, begin to work on back float and rhythmic breathing, tag game at the end of the class
  - Fifth class – Work on back float and elementary back stroke, work on rhythmic breathing, swim underwater
  - Sixth class – Show parents what the children have learned – back float, swim underwater, rhythmic breathing,
- Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
  - First class - Work on hand and feet strokes on land, work on strokes in the pool, work on front crawl in the pool, tread water
  - Second class – Work on hand and foot strokes on the side of the pool, go into the pool and kick with hands on the wall and use arms, work on feet using kick board
  - Third class - Use a kick board to practice legs and practice arms by moving from the wall to the instructor, swim underwater, find rings under water
  - Fourth class – Swim the length of the pool front crawl, begin to work on back float and back stroke, Jump off the diving board
  - Fifth class – Work on back stroke and front crawl, work on rhythmic breathing, work on underwater swim, introduce breaststroke
  - Sixth class – Show parents what the children have learned – back stroke, swim underwater, treading water for 2 minutes

If you have any further questions regarding the swim classes, please reach out to The Country Pool at [thecountrypool@gmail.com](mailto:thecountrypool@gmail.com) and we will put you in touch with the swim instructor.