SUSSEX ACADEMY AQUATIC CENTER

21150 Airport Road Georgetown, DE 19947
302-856-7805 Email: SAACaquatics@gmail.com

GROUP SWIM LESSONS (30 MINUTES EACH)

Spring Session Dates

Spring II:	**Monday, April 9th - Saturday, May 5th**	(4 weeks)
Spring III:	**Monday, May 7th - Saturday, June 2nd**	(4 weeks)

Summer Session Dates

Summer I:	**Monday, June 18th - Saturday, June 30th**	(2 weeks)
Summer II:	**Monday, July 9th - Saturday, July 14th**	(2 weeks)
Summer III:	**Monday, July 23rd – Saturday, August 4th**	(2 weeks)
Summer IV:	**Monday, August 6th – Saturday, August 18th**	(2 weeks)

Please refer to registration form for days and times each level is offered

SWIM LESSON LEVELS and SKILLS:

MOMMY/DADDY & ME (6 months-3 years)
In this interactive lesson, parents are aided by an instructor to teach basic water skills such as floating and kicking. Through songs and play, children build a positive relationship with water.

LEVEL I = PRE-SCHOOL BEGINNER (Age 3-5 years)
Limited to preschool age children, this instruction provides an introduction to water safety and basic swimming skills with the objective of helping student feel comfortable in the water and to be safe in and around the water.
Skills developed: Entering and exiting the water, submersion, front & back float, recovering to a stand and reversing the direction and swim (paddle) on their front (5 yards.)

LEVEL II = SCHOOL AGE BEGINNER (Age 5 & older)
Tailored to children who are not fully comfortable in the water AND have not mastered the front & back float.
Skills developed: Submersion, front & back float, recover to stand and swim (paddle) on front (10 yards.)

LEVEL III = INITIAL DEVELOPMENT OF STROKE/SKILLS (Age 5 & older)
Tailored for students who ARE comfortable in the water, have mastered the front & back float and are ready to develop the fundamentals of the front & back crawl and breaststroke kick.
Skills developed: Treading water, front & back glide, swim front crawl & back crawl and rhythmic breathing (building to 25 yards each.) Breast stroke kick. Compact dive (from kneeling position.)

LEVEL IV = INTERMEDIATE STROKE/SKILL DEVELOPMENT (Age 5 & older)
Intended for students who have mastered the fundamental swimming skills from Level III and are ready to develop front/back crawl and breast stroke (25 yards), and butterfly kick (15 yards.) Open turns.
Skills developed: Treading water, freestyle with rotary breathing, back crawl, breaststroke (building to 25 yards)

LEVEL V = ADVANCED STROKE/SKILL DEVELOPMENT (Age 5 & older)
Participants should be able to perform all of the four competitive strokes (free, back, breast and butterfly.)
Skills developed: Student will increase endurance up to 150 yards of any stroke or combination of strokes. Front and back crawl (50 yards) with flip turns, breaststroke (50 yards,) elementary backstroke, dolphin kick, butterfly (25 yards) and will learn to master competitive starts and turns.

PRIVATE LESSONS (30 minutes)

Designed to help an individual, regardless of age, to be prepared for safe stages of learning in the water. Our professional and courteous instructors will help all ages of participants to learn, or relearn swim basics (water acclimation, water movement, water stamina), stroke introduction, stroke development and stroke mechanics.

Private Lesson Fees:	**Members:**	□ **1 lesson**	**($25/lesson)**	□ **6 lessons for $120**	**($20/lesson)**
	Non-Members:	□ **1 lesson**	**($35/lesson)**	□ **6 lessons for $180**	**($30/lesson)**