

HOLMDEL SWIM & TENNIS CENTER

2018 Swim Lesson Descriptions

Swim lessons are for ages 3-10. Please read description carefully to determine where to place your child. If there is choice between two levels, we suggest putting the child in the lower level class.

Level 1 – Water Exploration

Skills to be taught:

- Learn the basic water safety rules.
- Become oriented with the aquatic environment
- Fully submerge face, blow bubbles, open eyes (with or without goggles)
- Supported float on front and back, recover to standing
- Supported kicking on front and back
- Changing direction, rolling over
- Enter and exit the water without assistance.
- Introduction to alternating arms.

Level 2 – Fundamental Skills

To enroll in this class, child should be able to do the following: comfortably submerge face, float on front or back with minimal assistance and kick with assistance, enter and exit water without assistance.

Skills to be taught:

- Learn basic water safety rules
- Hold breath and fully submerge head for at least 5 seconds, open eyes under water (with or without goggles), blow bubbles while bobbing.
- Unsupported float on front and back for at least 5 seconds, return to standing position.
- Leg action while swimming on side
- Flutter kick front and back
- Arm action on back – fining and sculling
- Combined stroke front using kick and alternating arms
- Turning over from front to back, back to front, changing direction.

Level 3 – Stroke Development

To enroll in this class, child should be able to swim front crawl 5 yards, back crawl 5 yards, and retrieve objects from chest deep water. This class will be held in the main pool and occasionally the diving tank.

Skills to be taught:

- Learn basic water safety rules
- Bob, submerging head completely and retrieve object
- Jump in deep water from the side of the pool.
- Dive from side of pool (kneeling/sitting position).
- Front glide with push off at least at least 2 body lengths
- Coordinate front crawl
- Coordinate back crawl
- Change from vertical to horizontal position on front/back.
- Tread water for 1 minute

Level 4 - Stroke Improvement

To enroll in this class, child should be able to: swim front and back crawl 10 yards with coordinating arms. Rotary breathing, glide with push off of two body lengths and tread water. Class will be held in main pool and occasionally the diving tank.

Skills to be taught:

- Dive from side of pool in stride or compact positions
- Elementary backstroke for 15 yards
- Front crawl with rotary breathing 25 yards
- Breast stroke and butterfly
- Sidestroke scissors kick with or without kickboard
- Intro to wall turns
- Back float and survival float in deep water

Level 5 – Stroke Refinement

To enroll in this class, child should be able to: swim front and back crawl 25 yards with rotary breathing, elementary backstroke 15 yards, demonstrate the breaststroke and sidestroke kick and demonstrate turn at the wall. Class is held in main pool and occasionally in the diving tank.

Skills to be taught:

- Long shallow dive from pool
- Breaststroke, butterfly and elementary backstroke 25 yards
- Sidestroke coordinate with arms and kick
- Swim underwater and surface dives
- Front/Back crawl 50 yards
- Demonstrate open turn on front/back wall
- Survival float and back float in deep water

2019 SWIM LESSONS

Swim Lesson Schedule - 2019

June 24-July 4

July 8-18

July 22-August 1

Lessons are held Monday-Thursday (raindate Fridays)

Session 1

Session 2

Session 3

9:00-9:30

L1 Stroke Improvement (ages 6-8)
L2 Stroke Development (4-5)

L8 Stroke Improvement (ages 6-8)
L9 Water Exploration (ages 4-5)

L16 Stroke Refinement (ages 7-9)

9:40-10:10

L3 Water Exploration (ages 3-4)
L4 Fundamental Skills (ages 5-6)

L10 Water Exploration (ages 3-4)
L11 Fundamental Skills (ages 4-5)
L12 Stroke Development (ages 6-8)

L17 Stroke Development (ages 5-6)
L18 Stroke Improvement (ages 5-6)
L19 Water Exploration (ages 3-4)

10:15-10:45

L5 Water Exploration (ages 3-4)
L6 Fundamental Skills (ages 4-5)
L7 Stroke Improvement (ages 7-9)

L13 Stroke Refinement (ages 7-9)
L14 Stroke Development (ages 5-6)
L15 Water Exploration (ages 3-5)

L20 Stroke Refinement (ages 6-8)
L21 Water Exploration (ages 3-4)
L22 Fundamental Skills (ages 4-5)

SWIM LESSONS FOR ages 3 & UP

Parents are not permitted to drop off children 16 years of ages and under and leave them at the complex unattended. Members are required to exit the facility at 10:45 am and re-enter at 11:00 am.

In case of inclement weather, please call club at 732-264-6682 or Recreation Office 732-946-2820 x1225