

# Swim Lessons

## at Richmond Plunge

1 E. Richmond Avenue (Point Richmond)

Course Title	Session Dates	Days	Times	Age	Cost	Location
<b>Jellyfish</b> (Level Pre + Kinder)	Session 1	6/15-6/25	M-Th	4:15-4:45pm	3-5 years	\$96– resident \$120– non-resident
	Session 2	7/6-7/16	(8x)	4:50-5:20pm		
	Session 3	7/20-7/30		5:25-5:55pm		
	Session 4	8/3-8/13				
<b>Sea Turtles</b> (Level 1)	Session 1	6/15-6/25	M-Th	4:15-4:45pm	6-12 years	\$96– resident \$120– non-resident
	Session 2	7/6-7/16	(8x)	4:50-5:20pm		
	Session 3	7/20-7/30		5:25-5:55pm		
	Session 4	8/3-8/13		6:00-6:30pm		
<b>Dolphins</b> (Level 2)	Session 1	6/15-6/25	M-Th	4:15-4:45pm	6-12 years	\$96– resident \$120– non-resident
	Session 2	7/6-7/16	(8x)	4:50-5:20pm		
	Session 3	7/20-7/30				
	Session 4	8/3-8/13				
<b>Sharks</b> (Level 3)	Session 1	6/15-6/25	M-Th	5:25-5:55pm	6-12 years	\$96– resident \$120– non-resident
	Session 2	7/6-7/16	(8x)			
	Session 3	7/20-7/30				
	Session 4	8/3-8/13				
<b>Teen/Adult</b> (All Levels)	Session 1	6/15-6/25	M/W	6:00-6:40pm	13+ years	\$40– resident \$50– non-resident
	Session 2	7/6-7/16				
	Session 3	7/20-7/30				
	Session 4	8/3-8/13				
<b>Private Lessons</b>	Session 1	6/15-6/25	M/W	4:15-4:45pm	3+ years	\$84– resident \$105– non-resident
	Session 2	7/6-7/16	-or-	4:50-5:20pm		
	Session 3	7/20-7/30	Tu/Th	5:25-5:55pm		
	Session 4	8/3-8/13		6:00-6:30pm		

Session	Ses 1:	Ses 2:	Ses 3:	Ses 4:
	6/15 - 6/25	7/6 - 7/16	7/20—7/30	8/3—8/13
Registration	6/1	6/29	7/13	7/27

**Please use the Class Description information to determine appropriate level of lessons for children’s lessons.** If it has been a while since your child’s last lesson, please select a level that will allow for skill review. If space is not available in the level you need, DO NOT sign up for a different level just because there is an opening. **If you sign up for a class that is too advanced, your child may not be able to participate in that class for his/her own safety.** There are **no refunds, credits or transfers** for missed classes, or if you enroll in the wrong level, session or time. Register in person (Mon-Fri 8:30am-4pm) at the Registration Office: 3230 Macdonald Ave. (phone: 510-620-6793) or online at <https://apm.activecommunities.com/richmond>

## City of Richmond

### Swim Lesson Class Description

Use this class description to help determine which level is right for children's lessons. In order to move to another level, ALL skills must be met in the current level. Children 5 and under remain in the Jellyfish level, regardless of skill. Questions about which level is right? Just ask our staff

#### **JELLYFISH—Level: Preschool/Kinder (3-5 years)**

The goal of Jellyfish is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Students stay in Jellyfish until they are 6 years old, regardless of skill.

Focus: elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water

Skills (Most skills are performed with support)

- safely entering/exiting the water
- blowing bubbles
- Bobbing
- opening eyes underwater to retrieve submerged objects
- front and back floats and gliding
- alternating arm and leg action
- combined stroke movement

#### **SEA TURTLES– Level 1 (6-12 years)**

The goal of Sea Turtle is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support.

Focus: floating and gliding on front and back, developing simultaneous and alternating arm and leg actions, beginning fundamentals of side breathing, and laying a foundation for future strokes, all without instructor support

Exit Skills:

- 5 bobs
- Retrieve object in 3 ft. of water
- Front float for 5 sec. and recover
- Back float for 5 sec. and recover
- Roll from front float to back float
- Push off wall and kick in missile 5 yds.
- Front arm stroke and kick in missile 5 yds.
- Kick on back 5 yds.
- Elementary Backstroke

#### **DOLPHINS– Level 2 (6-12 years)**

The goal of Dolphin is to build on previously learned skills and develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Dolphin- Level 2 is for swimmers who are able to swim with combined stroke on front and back (without assistance). Students must be able to participate in class without being able to touch the bottom of the pool

Focus: making swimmers comfortable and safe in deep water, increasing endurance by swimming familiar strokes.

Exit Skills

- 10 traveling bobs
- Retrieve object in 4 ½ ft. of water
- Front crawl with side breathing 20 yds.
- Back crawl 20 yds.
- Elementary backstroke 20 yds.
- Breaststroke kick 10 yds.
- Tread water for 30 sec.

#### **SHARKS- Level 3 (6-12 years)**

The goal of Shark is to coordinate and refine strokes so participants swim them with more ease, efficiency, power, and smoothness over greater distances to increase endurance. Shark is for swimmers who are competent in all strokes as well as basic diving techniques.

Focus: stroke techniques, incorporating flip turns, increasing their swimming distance and improving dive entries.

Exit Skills:

- Dive in
- Tread water for 1 minute
- Swim 50 yds. front crawl with flip turn
- Swim 50 yds. back crawl with flip turn
- 25 yds. breaststroke
- 25 yds. sidestroke
- Surface dive to bottom of deep end to retrieve object