



## SWIM LESSON PROGRAM

We would like to introduce the Beachwood Recreation Association swim lesson program.

Lesson times and sessions will be posted throughout the season, and will be available on the Beachwood website. For more information, please call (248) 614-6950.

On the first day of class, children are tested and may move up or down a level based on their ability. One day per session will be reserved as a safety day. The Club Managers will be available throughout the season for questions or concerns.

### SWIM LESSON FEES:

	Member	Non-Member
• Introduction to water	\$35.00	\$45.00
• Levels 1-6	\$50.00	\$60.00
• Advance Swimming	\$50.00	\$60.00
• BWRA Pre-swim Team	\$50.00	N/A

### REFUNDS:

Refunds for Swim Lessons are issued according to the following guidelines:

75% - More than 1 week prior to the start of the session

50% - Less than 1 week prior to the start of the session

- No refunds will be issued after your session has started.
- If you miss a scheduled class, you cannot make the class up at another time and will not receive a refund.

### LESSON CANCELLATIONS

Always assume lessons will be held unless it is announced on the BWRA voice mail. Staff will run classes whenever possible.

- Swim Lessons WILL be held even if it is raining or cold.
- Classes will only be cancelled for lightning, tornado warnings, and other severe weather. A decision will be made 30 minutes prior to each class.
- If two classes are canceled during the same session a make-up class will be held. If only one class is canceled there will be no make-up.
- Please note that levels with low enrollment may be combined or cancelled. If your child's class is canceled, you will receive a full refund.

Please call the BWRA at (248) 614-6950 for updates on lesson cancellations.

Is your child not quite ready to join the Beachwood Swim Team but looking for some extra practice to get them there? If so, the BWRA Pre-swim Team is the place for you! Pre-team sessions run in two week increments and you can register for them just like you do for lessons. They consist of lessons similar to the Red Cross Level 4, but with a competitive edge that focuses on endurance development as well as stroke refinement. Once your child has spent some time developing their skills and endurance with the Pre-team, they can then easily make the transition to swimming with the Beachwood Swim Team. See below for details.

***BWRA Pre-swim Team (Members only!)***

Ages 8 & under

The goal of this course is to give BWRA swimmers an opportunity to develop skills necessary to join the Beachwood Swim Team. The course will include elements of the Red Cross Level 4, but will be tailored towards the development of a future Beachwood Swim Team member. It is recommended for swimmers who are nearly ready to make the jump to the Swim Team from our lesson program, but need a little more practice first. Upon completion of the course 'Pre-team graduates' will be ready to join the Beachwood Swim Team for the remainder of the summer. ***THIS COURSE IS OPEN TO BWRA MEMBERS ONLY!***

**This course will include:**

- Endurance training
- Stroke refinement: freestyle, backstroke, breast stroke, and butterfly

## **INTRODUCTION TO WATER COURSES**

These courses are designed for students at preschool age levels. These classes will familiarize students with lessons procedures. Once students are of age they will be moved into the appropriate level that meets their skill set.

***Introduction to Water 1***

Ages 3-5 years

This class is an introduction to our swim lesson programs. No prior skills are needed. This course is recommended for children with a fear of water.

**This course will include:**

- Emphasis on safety behavior in and out of the water
- Becoming comfortable with the water
- Adjusting to the water

***Introduction to Water 2***

Ages 3-5 years

This class is geared towards those youngsters that have finished Introduction to Water 1, but are not quite old enough to move into our Learn to Swim program. In this class youngsters will learn the basics of water safety. Children must be confident and comfortable in the water. All these skills are developed in a creative and motivating learning environment.

**This course will include:**

- Breathing control
- Floating and preliminary strokes
- Learning to consistently demonstrate independent front and back float
- Kicking on front and back
- Roll over without support
- Intermediate front crawl skills
- Beginning back crawl skills
- Safety

## **AMERICAN RED CROSS LEARN TO SWIM COURSES**

### ***Level 1: Intro to Swimming***

Ages 6-15 years

The goal of Level 1 is to help students feel comfortable in the water. They must be able to be in class without being accompanied by a parent/guardian.

**This course will include:**

- Independent front and back floats
- Kicking on front and back
- Breath control
- Water safety rules

### ***Level 2: Basic Skills***

Ages 6-15 years

The goal of Level 2 is to give students the basic skills to start learning stroke technique. Children must feel comfortable in the water and be able to perform a front and back float on their own.

**This course will include:**

- Flutter kick
- Movements for the front and back crawl
- Exploring the deep
- Retrieving an object from chest deep water

### ***Level 3: Fundamental Skills***

Ages 6-15 years

The goal of Level 3 is to build on the skills in Level 2 and add more fundamental strokes. Students must be able to perform front and back crawl on their own.

**This course will include:**

- Endurance with the front and back crawl
- Stroke refinement
- Elementary backstroke
- Introduction to treading water
- Safe diving rules

### ***Level 4: Stroke Confidence***

Ages 6-15 years

The goal of Level 4 is to build confidence in all strokes learned previously and to improve general aquatic skills. Students must be able to meet all requirements in previous levels plus be able to swim 25 yards on their own.

**This course will include:**

- Building endurance by swimming greater distances
- Sculling
- Turning at the wall
- Basics of diving

### ***Level 5: Stroke Refinement***

Ages 6-15 years

The goal of Level 5 is to coordinate, combine and refine key strokes. Students must be able to meet all requirements in previous levels plus be able to swim 50 yards on their own.

**This course will include:**

- Introduction to butterfly
- Open turns
- Advanced diving
- Perfecting strokes

### ***Level 6: Introduction to Competitive Swimming***

Ages 6-15 years

The goal of Level 6 is to prepare swimmers who would like to start competing at the novice level. This program is taught by an experienced competitive swimmer.

**This course will include:**

- The four competitive strokes
- Turns and starts
- Endurance training

**QUESTIONS AND SUGGESTIONS ARE WELCOME.  
OUR GOAL IS TO PROVIDE THE BEST SERVICE POSSIBLE TO OUR  
MEMBERS AND GUESTS.**

**BWRA (248) 614-6950.**