



**CLUB**  
100 Bloomingbank Road  
Riverside, IL 60546

**MAIL**  
P.O. Box 75  
Riverside, IL 60546

**TEL**  
(708) 447-6134

**WEB**  
RiversideSwimClub.net

## SWIM LESSON PROGRAM DESCRIPTION

At The Riverside Swim Club (RSC) we believe that water safety and learning to swim are important skill sets for children. The RSC swim lessons program offers swim lesson sessions for young swimmers who are at least 3 years old and are toilet trained. Our junior pool allows young swimmers the opportunity to increase their comfort zone in shallow water. For the more advanced swimmer, the swim lesson coordinator and the swim team coaching staff work together to foster swim team readiness. During the upper level of lessons, emphasis is placed on the basic 4 competitive strokes and their proper techniques.

### Goals

- Levels 1 and 2 of the program will be directed toward educating the child and establishing a comfortable ability in the water. Levels 3 and up will focus on mastering the 4 strokes.
- What we will accomplish:
  - Basic instruction on getting in the water and ready to swim.
  - Basic instruction in fundamental arm and leg motion for freestyle.
  - Basic instruction in all four strokes, as well as treading water and diving.
- The end goal for all swimmers is to be safe, strong, and comfortable in the water and/or join the swim team.

### Days of the week

Monday – Thursday, Fridays will be reserved as a make-up day in the event of rain.

### Dates and Times

June 10–13 and 17–20

Session #1 – 9:00 am to 9:45 am

Session #2 – 10:00 am to 10:45 am

June 24–27 and July 1–3 and 5 (no lessons July 4)

Session #3 – 9:00 am to 9:45 am

Session #4 – 10:00 am to 10:45 am

July 15–18

Session #5 – 9:00 am to 9:45 am

Session #6 – 10:00 am to 9:45 am

### Registration Fee

\$ 85 per 2 week session (1,2,3,4)

\$ 42.50 per 1 week session (5,6)

### Equipment

Please send your young swimmers to the pool each day with a towel to dry off after lessons. Goggles and a cap (for girls) are suggested for stations 3 and up as they will be trying to master specific strokes.

## PROGRAM LEVELS AND LOCATIONS

### Station 1 (Little Pool)

This station is primarily for children between the ages of 3 and 5. This will be the beginning level. The children will get used to being in the water without a parent, and will become comfortable on their own. The instructor needs to be in the water at all times for this station, and will demonstrate the skill as well as watch and critique the students.

#### Skills:

1. Submerging the face
2. Blowing bubbles
3. Front Float
4. Back Float
5. Kicking
6. Front Crawl Arms

### Station 2 (Little Pool)

This station has similar skills to Station 1, but with longer distances and introduction of new skills. The children are comfortable in the water and have mastered floating as well as kicking. They will learn to put these skills together into correct freestyle form.

#### Skills:

1. Breath holding
2. Freestyle arms
3. Arms and legs working together
4. Backstroke arms
5. Arms and legs working together on back

### Station 3 (Big Pool)

This station will be exclusive to mastery of freestyle. Freestyle breathing will be mastered in this station, and timing will be taught. Once mastered, the swimmer is invited to partake in the swim meets to swim a length of competitive freestyle.

#### Skills:

1. Rhythmic breathing
2. Timing
3. 25 meter freestyle to demonstrate mastery of proper technique
4. Continue working on backstroke basics

### Station 4 (Big Pool)

Station 4 will continue to teach mastery of freestyle and introduce backstroke. Students in this station will also learn how to tread water and dive. Once mastered, the swimmer is invited to partake in the swim meets to swim a length of competitive freestyle and backstroke.

#### Skills:

1. 25 meter backstroke to demonstrate mastery of proper technique
2. 25 meter freestyle
3. Egg beater kick
4. Competitive front Dive

### **Station 5 (Big Pool)**

This station will be exclusive to the introduction of breaststroke. Demonstrations and hands-on help is key in this station. Once mastered, the swimmer is invited to partake in the swim meets to swim a length of competitive freestyle, backstroke, breaststroke.

#### **Skills:**

1. Breaststroke kick
2. Arm pull
3. Breathing
4. 25 meter Breaststroke to demonstrate mastery of proper technique
5. Open turns

### **Station 6 (Big Pool)**

This station will be exclusive to the introduction of butterfly. Once again, demonstrations are needed. Once mastered, the swimmer is invited to partake in the swim meets to swim a length of competitive freestyle, backstroke and breaststroke and butterfly.

#### **Skills:**

1. Butterfly kick
2. Arm pull
3. Breathing
4. 25 meter Butterfly to demonstrate mastery of proper technique
5. Flip Turns