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Mini Cuda Swimming

Mini Cudas is a new name for the swim lesson program at RSC. Instead of lesson instructors, junior swim coaches will instruct all levels at a 1:5 ratio to help all ages of swimmers gain a better sense of water safety and skills. The upper levels of the program will take place in the big pool alongside the swim team and will focus on mastering specific strokes to foster swim team readiness. Once a specific stroke has been mastered, Mini Cudas will be welcome to sign up to swim the mastered stroke in swim meets. It should be noted that from this point forward, all new swimmers to the swim team must be able to swim all 4 strokes proficiently at tryouts.

The primary reason for creating this program is to allow more one on one time with a junior coach in order to focus and master the 4 strokes individually. Once swimmers are proficient and are ready for the swim team, speed and endurance will be gained during routine swim team practice.

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 in “Mini Cudas” is to be safe, strong, and comfortable in the water and/or join the swim team.

Days

Monday – Thursday, Fridays will be reserved as a make-up day in the event of rain. Please note that session 1 will start on Tuesday, June 7th because the kids will still be in school!

Times

Session 1 9:00–9:45am
Session 2 10–10:45am
Tuesday, June 7 – Thursday, June 16th

Session 3 9:00–9:45am
Session 4 10:00–10:45am
Monday, June 20th – Thursday, June 30th

Session 5 9:00–9:45am
Session 6 10:00–10:45am
Tuesday, July 5 – Thursday, July 14th – No sessions due to July 4th festivities.

Registration Fee

\$65 per session

Equipment

The official Barracuda team suit, fins, and caps are not necessary for the mini cuda program however goggles and a cap (for girls) are suggested for station 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. Back stroke 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