



The Legend



2010 SUMMER SWIM LESSONS

The summer swim lessons at The Legend are designed to introduce young swimmers to the fundamentals of efficient, competitive swimming without the worry of formal competition. The emphasis is on learning new skills, feeling successful, having fun and fostering an interest in the sport of swimming. Classes are designed to be fun, educational and motivating.

Please select the most appropriate starting level for each child enrolled in the summer swim lessons based on the skills outlined below. The skills listed are the minimum requirements needed to pass each level. If you are unsure what level to sign-up for, you may contact Coach Whitney (wjk416@hotmail.com) to set up an individual evaluation. Most swimmers will begin in one of the first three levels, depending on age, strength and swimming skill. Some older, stronger and more experienced swimmers may be ready for the upper levels.

Swim lessons at The Legend will consist of five 2-week sessions. Each session will have six 50-minute classes; 10:10 – 11:00 am. Instructor to swimmer ratio will not exceed 1:8. All lessons will be held at Brandybrook. Cost: \$50 per session.



Session Dates:

- I. June 16, 17, 18, 23, 24, 25
- II. July 7, 8, 9, 14, 15, 16
- III. July 21, 22, 23, 28, 29, 30
- IV. August 4, 5, 6, 11, 12, 13
- V. August 18, 19, 20, 25, 26, 27



Skill Level Goals:

Level 1

- 1. Front streamline
- 2. Flutter kick with kickboard
- 3. Back streamline
- 4. Flutter kick on back
- 5. Sitting bobs

Level 4

- 1. Underwater streamline with butterfly kick
- 2. Breaststroke kick
- 3. Freestyle flip turn
- 4. Forward Start

Level 2

- 1. Flutter kick on side
- 2. Backstroke swimming
- 3. Underwater streamline on front
- 4. Underwater streamline on back

Level 5

- 1. Breaststroke swimming
- 2. Butterfly swimming
- 3. Backstroke flip turn
- 4. Relay Start

Level 3

- 1. Freestyle swimming with bi-lateral breathing
- 2. Butterfly kick with board
- 3. Summersault
- 4. Back Start

Level 6

- 1. Individual Medley
- 2. Distance freestyle swimming
- 3. Breaststroke and butterfly turns

Swimmers will be evaluated daily and progress will be monitored with report cards. To successfully pass each level all skills within that level must be mastered. Once a swimmer has mastered the skills for their level, they are moved to the next level.

Questions? Contact Coach Whitney Witt at wjk416@hotmail.com or 262-224-5330.