

HEALTHQUEST

FITNESS CLUB

Swim Lesson Class Descriptions

***Parent and Child classes for children between 6 months and 3 years of age.
All classes are 30 minutes long.***

Tadpole & Me

Ages: 6 months-3 years/Ratio 15:1

The objective of this class is for the child to become comfortable in the water. Participants will be introduced to pool safety, floating, blowing bubbles, jumping, and kicking on the front and back. The instructor will lead in songs and games to encourage social interaction and basic water skills. In this level repetition is key while practicing back floats, kicks, basic arm movements and submerging under the water. Child must always be accompanied in the water by an adult. All participants who are not fully potty trained must wear a swim diaper with tightly fitted plastic pants.

Child-only classes for children between 3-5 years of age. All classes are 30 minutes long.

Guppy (Beginner) Ratio: 3-5:1

The “Guppy” class is designed for those who are not afraid of getting into the water. This class will introduce pool safety, blowing bubbles, face submersion, floating and basic strokes and kicks. Games are integrated into the class agenda.

Noodlefish (Intermediate) Ratio: 3-5:1

The “Noodlefish” class is designed for children who are nearly swimming independently. The only flotation devices used will be kickboards, barbells, and most importantly noodles. This class will emphasize face submersion, floating and independent swimming utilizing proper techniques.

Mini Me Dipper (Advanced) Ratio: 3-5:1

This class is for preschoolers who can swim without flotation. Mini Me will start stroke refinement for freestyle and backstroke while working on young swimmer’s endurance in the water.

School Age Classes are for children aged 6-13. All classes are 30 minutes long.

Mudskipper

Ratio: 3-5:1

“Mudskippers” are children who are currently wearing a flotation device or cannot perform the basic strokes in a horizontal position. We will focus on building confidence and teaching basic swimming techniques based upon the child’s ability level.

Lil’ Dipper

Ratio: 3-5:1

Lil Dipper is perfect for beginner students who need to learn the foundation of breath control, a proper kick and arm pulls. The class goal is to learn how to make basic forward movement without assistance in the water.

Dolphin

Ratio: 3-5:1

Children are expected to be able to swim a basic freestyle and kicks on their back before entering this class. Focus on Stroke development and refinement for backstroke and freestyle, introducing rotary breathing.

Shark

Ratio: 3-5:1

Children must be able to swim 1 lap of freestyle and backstroke prior to entering this class. This class will teach the whip kick and proper arm pulls for the breaststroke, emphasize swimming technique refinement for the freestyle and backstroke along with increasing endurance.

Flipper

Ratio: 3-5:1

Further refinement of all strokes and endurance training. Students will learn to swim for longer intervals with more precise techniques. New skills include flip turns, starts, and an introduction to the dolphin kick.

Power strokes

Ratio: 3-5:1

In this pre-competitive class students must be able to swim freestyle, backstroke, and breaststroke. This class will teach the butterfly and utilize interval training to increase the student’s endurance. Teaching focuses on preparing students to learn how to swim for fitness and participate on the HealthQuest Hammerheads Swim Team.