

Camper Swimming Levels



*Children will be grouped and instructed according to their personal skill level.

LEVEL 1

Works on familiarity with the water.

Practices breathing techniques.

Learns or practices floating.

Front and back crawl instruction.

Water Safety procedures.

Basic skills which will include floating and beginning kicks.

LEVEL 2

Practices front and back crawl, and floating.

Rhythmic breathing.

Introduced to dives and other entry methods.

Water Safety procedures.

This is for the individual who has some exposure to the water and can swim 10-15 yards unassisted.

LEVEL 3

Increase swimming skill competency.

Introduced breaststroke and butterfly.

Water Safety procedures.

Refine strokes, dives, breathing.

Deep water techniques and boat safety.

This is for the individual who can swim 50 yards unassisted without rest and needs refinement of basic and advanced skills.

LEVEL 4

Works on the refinement of all strokes: *Front crawl, Backstroke, Breaststroke, Butterfly, Elementary Backstroke, Sidestroke, etc.*

Refines dive procedures.

Water Safety procedures.

Learns basic lifeguarding techniques.

This is for the individual who can swim 150 yards unassisted without rest and is interested in becoming a better swimmer or future lifeguard.

LESSONS COST \$100 PER WEEK (MON-FRI), AND THEY OPERATE DURING WEEKS 1-8 FROM 4:00PM TO 4:30PM.
SWIM LESSONS ARE HELD AT POINTER RIDGE SWIM AND RACQUET CLUB IN BOWIE, MD.