



The Legend



2011 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.

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 placed into level 4.

Day Time Swim lessons at The Legend will consist of (4) 2-week sessions. Each session will have six 40-minute classes. For each session, members should select which class time most appropriately fits their family schedule. The early class will be 10:15 – 11:00 am; the late class will be 11:10 – 11:55 am. Each class will have a maximum of 40 swimmers.

Instructor to swimmer ratio will not exceed 1:8.

Night Time Swim lessons at The Legend will consist of (1) 6-week session. This session will have six 40-minute classes. For each session, members should select which class time most appropriately fits their family schedule. The early class will be 5:30 – 6:15 pm; the late class will be 6:30 – 7:15 pm. Each class will have a maximum of 12 swimmers.

Instructor to swimmer ratio will not exceed 1:6.

Cost: \$75 per session

Individual Lessons are available upon request - 1/2 hour lessons (\$25.00/lesson)

Day Time Session Dates:

- I. July 6, 7, 8, 13, 14, 15
- II. July 20, 21, 22, 27, 28, 29
- III. August 3, 4, 5, 10, 11, 12
- IV. August 17, 18, 19, 24, 25, 26

Night Time Session Dates:

- I. June 20, 27, July 11, 18, 25, Aug 1

*All interested members will need to be evaluated prior to the first class.

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 2

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

Level 3

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

Level 4

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

Level 5

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

To sign up, call John Blanke at 608-835-6900!