



Swimming Lesson Program

Sign-Up Information

Email: lessons@aquahawks.org

Website: <http://www.aquahawks.org>

Mail payment to:

Lawrence Aquahawks—Swim Lessons
P.O. Box 1100 Lawrence, KS 66044

Payment: Cash or check made payable to Lawrence Aquahawks. Payment is expected prior to the beginning of each session.

Questions:

Alyssa Wallace, Program Director (913)485-5698
Zach Devine, Head Coach (785)393-7966

Cost: One session includes 4 lessons. For Alvamar members it is \$45. For non-Alvamar members it is \$60. Private lessons are offered for \$20 per 20 minute lesson.

No more than 3 swimmers per instructor during each lesson.

Session Dates:

Lessons offered: Monday/Wednesday, or Tuesday/Thursday

Friday is a makeup day for inclement weather.

Session I: June 7th-June 18th

Session II: June 21st-July 2nd

Session III: July 5th- July 16th

Session IV: July 19th-July 30th

Lesson Times Offered:

9:00-9:20 am

9:25-9:45 am

9:50- 10:10 am

10:15- 10:40 am

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Swimmer 1:

Name: _____

Swimming Level: _____

Sex: M F DOB: _____

Swimmer 2:

Name: _____

Swimming Level: _____

Sex: M F DOB: _____

Session Preferences (circle one):

I II III IV

Time Preferences (circle one):

9:00 9:25 9:50 10:15 10:40

Day Preferences (circle one):

Monday/Wednesday Or Tuesday/Thursday

Parent/ Guardian Contact Information:

Name: _____

Email Address: _____

Mailing Address: _____

City: _____

State: _____ Zip: _____

Phone: _____

Level 1– Water Exploration and Comfort (ages 3 and up)

Fully submerge face and blow bubbles
 Supported front and back float
 Explore swimming on front and back using arm and leg actions with support
 Roll over from front to back and back to front with support
 Kicking on front and back (supported)
 Introduction to alternating arm action

Level 2- (Fundamental Skills)

Fully submerge head and bob 10 times
 Retrieve objects
 Unsupported back/front float or glide and recovery
 Leveling off from a vertical position
 Flutter kick front and back
 Back arm crawl action
 Swim 5 yards (back/front) crawl using arms and kick
 Turn over front to back and back to front
 Sit-jump, turn around, swim back to the wall and climb out of pool

Level 3– Stroke Readiness

Retrieve objects from chest deep water
 Bob 15 times in chest deep water fully submerging head
 Introduction to kneeling dive
 Front/ back glide with push off
 Freestyle for 10 yards, breathing as necessary
 Rhythmic breathing for 20 yards with kickboard in correct position
 Backstroke for 10 yards

Introduction to breaststroke kick
 Introduction to dolphin kick and body motion

Level 4A– (Stroke Development and Endurance)

Deep water bobbing
 Compact dive from side of pool
 Inverted breaststroke on back for 20 yards
 Freestyle for 20 yards with correct rhythmic breathing
 Backstroke for 20 yards
 Breaststroke kick for 20 yards with kickboard and correct breath, kick, glide pattern

Inverted dolphin kick with correct body motion

Level 4B -(Stroke Refinement and Endurance)

Freestyle and backstroke for 25 yards (competition legal)
 Breaststroke with correct arms, kick and glide pattern
 Swim
 Front somersaults
 Rules for safe diving
 Long shallow dive

Level 5- (Refinement, Endurance, and Racing Techniques)

Swim freestyle and backstroke 50 yards (competition legal)
 Breaststroke for 25 yards (competition legal)
 Swim 25 yards dolphin kick (no kickboard) arms streamlined: breathe, dive, kick pattern

Introduction to butterfly arm stroke

Front streamline and flip
 Two hand touches
 Racing dive and streamline
 Throwing rescue

Level 6- (Pre-swim Team or Lifetime Strokes)

Swim 100 yard individual medley
 Freestyle flip turns

****Swimming Skills must be demonstrated before moving to next level.****

About the Lawrence Aquahawks:

The Lawrence Aquahawks, Inc. was established in 1968 and has been a non-profit, independent organization governed by an elected parent Board of Directors since its inception. Lawrence Aquahawks is the premier swim club in Lawrence, KS. We are a USA Swimming year round competitive swim club offering high quality professional coaching and technique instruction for all ages and ability levels. It is the mission of the Lawrence Aquahawks to promote the sport of swimming by providing structured lessons, teaching, training, and competitive opportunities through which all swimmers can reach their full potential, both in and out of the water.