



TVWRA SWIM LESSONS PROGRAM

TVWRA is excited to offer swim lessons for new and developing swimmers age 5 and older. Sessions will be limited to 6 swimmers. Lessons will be taught by Maddie Unowitz.

Swimmers who have no water experience or are not yet quite ready for swim team will learn water safety skills as well as proper competitive swim technique.

Skills are sequentially taught in a small group setting of no more than 6 swimmers.

Lessons are aimed to make a smooth and strong transition onto JR Team Prep or Swim Team.

Level will be determined by instructors based on the swimmer's skill level.

LEVEL 1: This is for swimmers who have never had lessons or are not comfortable doing the skills listed below. No goggles are allowed.

Skills taught:

- Get face/eyes wet unassisted
- Blows bubbles
- Submerses head completely under water willingly and blows bubbles without instructor
- Comfortably floats on back with or without instructor's help willingly
- Kicks on kick board willingly, but with help
- Kicks on back willingly, but with help
- Jumps from the side to the instructor
- Repetitive bubble blowing 5 consecutive times with head submerged under water
- ½ length of pool-proper freestyle kicking on a kick board without an instructor
- ½ length of pool-proper backstroke kick with arms at side without an instructor
- Streamline to and from the wall unassisted
- Retrieves object 3 feet underwater with bubbles

LEVEL 2: This is for swimmers who are comfortable in the water.

Skills taught:

- ½ lap rifle drill backstroke with a single arm
- ½ lap rifle drill backstroke with both arms, every 6 kicks
- ½ lap kicking on side while holding kickboard; rolling face in, blowing bubbles (left and right)
- ½ lap kicking on side while supported by coach rolling face in, blowing bubbles
- ½ lap each kicking on left and right side with an extended arm (freestyle breathing position) unassisted
- ½ lap single arm catch up freestyle (rotary breathing) unassisted

Level 1: 10:00AM-10:45AM

Level 2: 9:00AM-9:45AM

Sessions will consist of 8 lessons over a two-week period.

Session I: June 15 – June 19 & June 22 – June 26

Session II: June 29 – July 2 & July 6 – July 9

Session III: July 13 – July 16 & July 20 – July 23

COST: \$90 per session

Contact Maddie Unowitz- munowitz@gmail.com with any questions regarding the program.

Swimmer's Name: _____

Swimmer's Age: _____

Parent's Name: _____

Parent's Phone Number: _____

EMAIL: _____

Session I: June 15 – June 19 & June 22 – June 26 _____

Level I or Level II: _____

Session II: June 29 – July 2 & July 6 – 9 _____

Level 1 or Level II: _____

Session III: July 13 – July 16 & July 20 – July 23 _____

Level I or Level II: _____

Total: _____

Check # _____ Cash _____