

# Dates and Times Fall Spring 2025 Semester

## Group Swim BSP

### Tuesday January 7th - May 6th

\*no class March 25th and April 1st\*

Level 1 12:00 pm - 12:45 pm

Level 2 12:45 pm - 1:30 pm

Level 3 1:30 pm - 2:15 pm

Level 4/5 2:30 pm - 3:15 pm

### Thursday January 9th - May 8th

\*no class March 27th and April 3rd\*

Level 1 9:30 am - 10:15 am

Level 2 10:15 am - 11:00 am

Level 3 11:00 am - 11:45 am

Level 4 12:00 pm - 12:45 pm

Stoke Clinic :

### January 8th - May 14th

\*no class March 19th, 26th and April 2nd\*

Wednesdays 4:30 pm-5:30 pm

*\*Please contact Meghan via email at [meghan@southshorehrc.com](mailto:meghan@southshorehrc.com) to register \**

*\*Families of 4 or more may be able to schedule a family group. Please contact Meghan via email at [meghan@southshorehrc.com](mailto:meghan@southshorehrc.com) to schedule \**

*\* If families are interested in evening or weekend group classes please contact Meghan via email at [meghan@southshorehrc.com](mailto:meghan@southshorehrc.com) for options and schedule \**

# **SWIMMING LEVEL DESCRIPTIONS**

## **• LEVEL ONE: WATER EXPLORATION**

The objective of Level One is to help students feel comfortable in the water and enjoy the water safely. Students will learn elementary water skills which they will build on as they progress through the various levels.

## **• LEVEL TWO: PRIMARY SKILLS**

Is designed to give students success with fundamental skills of front crawl and backstroke and to learn to float without support and to learn basic self-help rescue skills.

## **• LEVEL THREE: STROKE READINESS**

Students learn to coordinate front and back crawl. Introduce elementary backstroke and the fundamentals of treading water.

## **• LEVEL FOUR: STROKE DEVELOPMENT**

Students develop confidence in strokes learned thus far and to improve other aquatic skills. Introduce breaststroke, sidestroke, dolphin kick.

## **• LEVEL FIVE: STROKE DEVELOPMENT**

Students begin to fine tune the techniques of backcrawl, freestyle, breaststroke, butterfly, sidestroke. Starts, and turns maybe introduced. Students will work on increasing endurance.