



Learn to Swim with Mr. Blue

"Super Swimmer" Classes

*6 months – 2 years (Water Safety Classes)

(swimming back to the wall successfully in 5 days depends on the motor skills and physical abilities of each individual child and functioning level of their developmental age)

These very important water safety classes are the foundation to a child's learning, the beginning steps to starting to swim safely and successfully in the water.

2 years – 5 years • LEVEL 1

- Blowing bubbles (through mouth)
- Choo-choo along the wall
- Row arms
- Kick legs with proper body position
- Back floating with assistance
- Independent recovery to the wall with assistance
- Retrieve objects from the bottom with assistance

2 years – 5 years • LEVEL 2

- Stroke development; beginning arms and legs combined
- Independent floating and rollover to front
- Increased swimming distance
- Independent jump and recovery back to the wall, stairs or ladder
- Retrieve objects from the bottom with increased depth

2 years – 5 years • LEVEL 3

- Independent breathing
- Refined technique of arms and legs in prone body position
- Increased swimming distance
- Beginning stages of freestyle and backstroke
- Independent jump, prolonged float on back with rollover to front
- Beginning independent retrieval of objects from the bottom

Ages 6 – 11 • LEVEL 1

- Blowing bubbles through mouth and nose
- Holds breath underwater
- Choo-choo along the wall with independent exit
- Row arms using kick stick
- Kick legs in a prone body position using kick stick.
- Beginning float and roll over
- Independent jump and recovery
- Beginning stages of freestyle
- Beginning retrieval of underwater objects

Ages 6-11 • LEVEL 2

- Begin Rhythmic breathing, bobbing and beginning breathing on one side
- Freestyle and streamline swimming (distance)
- Independent jump and prolonged back floating
- Independent retrieval of underwater objects

Ages 6 – 11 • LEVEL 3

- Advanced freestyle and backstroke with 3 stroke alternate breathing proper hand placement and arm techniques
- Dolphin and breast stroke kicks
- Continuous lap swimming
- Independent retrieval of underwater objects

Ages 12 years – Adult • LEVEL 1

- Rhythmic breathing – continuous bobbing
- Prone body positions both front and back with kick
- Beginning freestyle and backstroke
- Feet first independent jump and recovery
- Beginning retrieval of objects

Ages 12 years - Adult • LEVEL 2

- Advanced freestyle with 3-stroke alternate breathing
- Using proper hand placement and arm techniques
- Introduction to breast stroke and butterfly
- Treading water and changing body positions (rolling over)
- Independent retrieval of underwater objects

Ages 12 years – Adults • LEVEL 3

- Freestyle with breathing on both sides using 3-stroke alternating
- Breast stroke and butterfly using refined stroke techniques
- Refined backstroke using thumb out turning palm in the air technique
- Individual medley swim training/Masters swim training

ADDITIONAL COURSES OFFERED. CALL FOR MORE INFO 954-956-9955

- **Red Cross Lifeguard certification classes**
- **Red Cross CPR and First Aid certification classes**
- **Learn to Swim with Mr. Blue Swim Training**
- **Mommy and Me classes** (9:30 -10:00am Mon-Sat)