

TISD Learn to Swim Class Descriptions

Beginner I

Class Size: 5
Class Length: 30 minutes

Beginner I is a class designed for our newest swimmers. Basic survival techniques (floating, bobbing, treading water) and basic stroke progression (body awareness / streamlining / kicking) are taught.

Beginner II

Class Size: 5
Class Length: 30 minutes

The 2nd phase of our beginner swim progression, where the body awareness developed in Beginner I is expanded into more refined stroke technique for freestyle backstroke. The basic components of the breaststroke kick and body dolphin are also introduced in this level.

Advanced Beginner

Class Size: 5
Class Length: 45 minutes

This class is for swimmers who are comfortable in the water and have some experience with swim lessons. Close attention is paid to stroke development, enhancing freestyle and backstroke and introducing breaststroke and butterfly. Swimmers are also taught how to safely dive into the water.

Intermediate

Class Size: 5
Class Length: 45 minutes

This class is designed for swimmers who have mastered freestyle and backstroke (each swimmer must be able to swim 15 yards of both freestyle and backstroke before they are ready for this level). Stroke technique is focused on developing more fluid movement in backstroke and freestyle and learning the timing and rhythm of breaststroke and butterfly. Swimmers at this level are introduced to racing starts from the starting blocks.