TARLETON SUMMER SWIM LESSONS PROGRAM

Tarleton Summer Swim Program registration will be held in the Tarleton Swimming Pool Office May 2nd - 26th, Monday, Tuesday, and Thursday from 4:00pm-5:30pm.

Three two week sessions have been scheduled for the summer. All sessions will meet eight times for 45 minutes per session Monday-Thursday each week at the Tarleton heated indoor pool in the Wisdom Gym on the campus of Tarleton State University (Friday will be used as a bad weather day only). Fee is $60 per session and each child will receive a Tarleton Swimming Tee Shirt. Class size is limited and the sessions fill up quickly. Pre-registration is recommended. Late registration, if openings exist, will be on the first day of each session. Students may be changed to a different level depending on their swimming ability.

Session 1- May 31 - June 9
Session 2- June 13 - June 23
Session 3- June 27 – July 8

8:00am – 12:00pm daily (45 minute sessions)

Lessons will be offered on five skill levels:

**Level 1-preschool 4 yr. olds (Introduction to Water Skills)**
- Water safety
- Breath control (exhale underwater)
- Back float with support
- Change direction while paddling
- Shallow water jump
- Beginner stroke

**Level 1-preschool 4 yr. olds (Introduction to Water Skills)**
- Water adaptation
- Submerge mouth, nose and eyes
- Front float with support
- Roll over from front to back with support
- Deep water jump
- Crawl stroke

**Level 2-Beginner (Fundamental Aquatic Skills)**
- Water safety-assists
- Breath control (bobbing)
- Prone float
- Survival float
- Back glide
- Back glide with kick
- Change direction while paddling
- Leveling off
- Deep water jump

**Level 2-Beginner (Fundamental Aquatic Skills)**
- Water adaptation
- Breath holding (submerge mouth, nose & eyes 10 sec)
- Back float
- Prone glide
- Prone glide with kick
- Crawl stroke
- Change positions front to back
- Shallow water jump
- Combined skills

**Level 3-Advanced Beginner (Stroke Development)**
- Water safety-(assists, rescue breathing)
- Survival float- 2 min
- Crawl stroke- 25 yds.
- Survival stroke
- Diving
- Combined skills (dive, surface, crawl stroke- 25 yds.)
- Combined skills (dive, underwater swim, survival float-2min)
- Combined skills (jump, surface, back stroke-15 yds.)

**Level 3-Advanced Beginner (Stroke Development)**
- Breath control-20 bobs
- Tread water- 30 sec
- Back stroke- 15 yds.
- Change positions front to back
- Underwater swim- 5 yds.
Level 4-Intermediate (Stroke Improvement)
Water safety-(rescues, CPR)
Back stroke-(25 yds. technique)
Breast stroke-(25 yds. technique)
Survival stroke-15 yds.
Open turns-(front, side, back)
Diving
Combined skills (jump, underwater swim-10 yds.)
Endurance swim-5 min

Crawl stroke-(50 yds. technique)
Side stroke- (25 yds. technique)
Survival float-3 min
Tread water-1 min
Underwater swim-(5 yds.)
Combined skills (dive, crawl stroke-50 yds.)
Combined skills (jump, surface, tread water-1 min)

Level 5-Swimmer (Stroke Refinement)
Water safety-(rescues, CPR)
Side stroke-(50 yds. technique)
Back stroke-(50 yds. technique)
Diving-(board)
Survival stroke-5 min
Underwater swim-10 yds.
Combined skills (surface dive- 10ft, underwater swim- 20ft, survival stroke, swim 10 yds.)

Crawl stroke-(100 yds. technique)
Breast stroke-(50 yds. technique)
Surface dives-(feet, tuck)
Turns-(front, side, back)
Stride jump
Endurance swim- 10 min

For more information contact Ronnie Zoch@ 254-968-9316 or the Department of Kinesiology@ 254-968-9186