

HRCASWIM



Infant Swim Resource

Learn water survival skills for ages six months to 3 years of age. This program is independent of HRCAs group lesson program. For ISR program info and scheduling call 303-330-8602 or j.potter@infantswim.com.






Parent Tot Series (Ages 6 mos-3 years) 30 Minutes







Parent & child learn in the water together basic skills to practice together to help child develop comfort and confidence. Child not yet potty trained must wear a swim diaper.



Preschool Swim Lessons (Ages 3-5) 30 Minutes

<ul style="list-style-type: none"> • Certified Instructors • 4 or less students • Lots of fun! 		1 - Tadpole	Pre-School beginner level. To enroll for this level must be potty trained and at least 3 years of age.
		2 - Minnow	To enroll for this level must be comfortable with assistance to float and glide with face in the water.
		3 - Frog	To enroll for this level must be able to swim beginner freestyle with face in water for 5 yards & front and back float unassisted for 10 seconds.

School-Age Swim Lessons (Ages 6-12) 45 Minutes

<ul style="list-style-type: none"> • Certified Instructors • For ages six years or older or enrolled in kindergarten • Small class sizes based on skill level 		1 - Turtle	School Age beginner level. To enroll for this level must be 6 years of age or in kindergarten. Taught in water 4 feet and deeper.
		2 - Sea Horse	To enroll for this level must be able to float front & back unassisted 10 seconds and front and back glide and swim arm strokes with face in water for 5 yards.
		3 - Otter	To enroll for this level must be able to swim arm strokes with side (lateral) breathing and backstroke 10 yards and flutter kick 15 yards.
		4 - Sting Ray	To enroll for this level must be able to swim freestyle with side (lateral) breathing 15 yards, backstroke 25 yards & elementary backstroke 15 yards.
		5 - Shark	To enroll for this level must be able to swim elementary backstroke and freestyle with side (lateral) breathing 25 yards, backstroke 50 yards & intro level breaststroke for 15 yards.
		6 - Dolphin	To enroll for this level must be able to swim freestyle with side (lateral) breathing 50 yards, backstroke 75 yards & breaststroke 25 yards, dolphin kick 25 yards & intro butterfly

Coached Pre-Competitive & Competitive Swimming (Ages 6-18)

<ul style="list-style-type: none"> • Swim for competition & technique 	Seahawks Intro (Ages 6-14)	To enroll must swim freestyle with side breathing and backstroke 25 yards comfortably without stopping. Must have endurance for 1 hour practice sessions.
	Seahawks Juniors (Ages 6-14)	To enroll must be able to swim freestyle with correct side breathing and backstroke 50 yards comfortably without stopping. Must have experience with starts & turns, lane etiquette & circle swimming.
	Seahawks Seniors (Ages 10-18)	To enroll must be able to swim all four legal strokes. Must be able to swim 100 yards freestyle with correct side breathing, 100 yards backstroke & 100 yards IM. Must know legal turns & block starts.
	Seahawks Elites (Ages 12-18)	To enroll must be able to swim all four legal strokes, know legal turns & block starts and complete 10x100's freestyle in a 1:50 interval or faster.
	Seahawks Summer Swim (Ages 6-18)	To enroll must swim freestyle 50 yards with correct side breathing & backstroke 50 yards comfortably without stopping. Must have flip turn experience.



For more info, program schedule & to sign up, visit www.HRCOnline.org/Swim