



Winter Swim Lessons

Preschool Swim Lessons – 7:00-7:30 pm

For Swimmers 3-5 Years Old!!!

Designed to meet the needs of preschoolers, this course will develop a high comfort level in the water, a readiness to swim, and for those children who are developmentally ready, teach beginning swim skills. This class approaches teaching swimming through creative, fun activities in the water. There are two levels in our Preschool swim lesson. After completion of Preschool 2, swimmers will transition to the Primary swim lesson time to the Intermediate 1 class.

Elementary Swim Lessons – 7:00-7:40 pm

For Swimmers 6-12 Years Old!!!

Students work toward development of the five core swimming competencies. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging. There are four levels in our Primary swim lesson, ranging from beginners to our intermediate level swimmers. After completion of Intermediate 2, swimmers are eligible for the Stroke School/Pre-Team class.

Stroke School/Pre-Team – 7:00-7:40 pm

For Swimmers who have completed Intermediate 2 Level!!!

Students learn and refine the competitive strokes plus develop an understanding of basic training principles such as using a pace clock, starts and turns, and racing. This program is a great introduction to competitive swimming in a low-key environment. Swimmers need to be able to complete 25 yards of Freestyle and Backstroke with proper mechanics and breathing patterns to qualify for the NASA swim team.

Available Sessions

Winter 1: February 3rd-21st
Winter 2: March 3rd-21st

Each session of lessons will meet on Mondays, Wednesdays, and Fridays for three (3) weeks. Each session is 9 classes.

Location

Northridge Middle School Pool

The pool entrance is Door 5 on the South side of the building. Parents may park in the south parking lot adjacent to the entrance!

Cost of Lessons

The 1st session of lessons in 2014 will cost \$60.00/swimmer, including a \$5.00 Insurance charge.

Additional sessions of lessons in 2014 will cost \$55.00/swimmer.

How to Register

Registration forms are available on our website beginning December 30th. Please complete both pages of the registration form with payment and return to the following address:

NASA Swim School
c/o Charles Grace
56691 Northridge Dr.
Middlebury, IN 46540

OR

Deliver in person to the Northridge Middle School Front Office in an envelope with Charles Grace on the front.

NASA Swim School Charles Grace- Director

Phone: 574-822-5368

Email: gracec@mcsin-k12.org

Website: <http://www.nasaswimming.org>

2014 NASA Swim School Class Levels

Class	Focus	Safety Skill Benchmarks	Swim Skill Benchmarks
Preschool 1 & Elementary 1	Trust & Submersion	Always ask permission before getting in the water	Assisted submerge, relaxed, 5 seconds and then come up to breathe
Preschool 2 & Elementary 2	Body Position & Air Recovery	Put on a lifejacket, float on back, kick 20 feet	Jump in, submerge, recover for air, lay on back (kicking and finning ok) for 15 seconds
Intermediate 1	Directional Change & Rotary Movement	Tread water 30 seconds	Jump in, submerge, recover to side glide position and kick 12.5 yds.
Intermediate 2	Introduction to Freestyle and Backstroke	Survival float and tread water for 1 minute	Swim freestyle 25 yds with body stretched out and consistent form; swim 25 yds of triple-switch backstroke
Stroke School/Pre Team	Technique, Endurance of All Strokes	Survival float and tread water for 2 minutes	Swim 175 yards with proper technique & turns: 25 yds Butterfly, 50 yds Backstroke, 50 yds Breaststroke, and 50 yds Freestyle.