

CCCC Swim Lessons

2017 Schedule

Week One: June 19th-22nd

Week Two: July 11th-14th

02:30pm – 3:30pm–Preschool Beginner (1-4yrs)

01:30pm – 2:30pm–Beginner I (5-7yrs)

12:00pm – 1:00pm–Beginner II (7 – 17yrs)

11:00am – 12:00pm–Beginner III (7 – 17yrs)

Swim Lessons Outline

2:30pm – 3:30pm

Preschool Beginner

Built for the 1-4 year old who has no swimming experience.

Prerequisites for Preschool Beginner

Child must be 1-4 years old

Swimming Skills:

None

Final Goals:

Swim 3M (10ft) With Windmill Arms, Get Front Breath With Assistance; Must Use Arms & Legs In Forward Motion.

1:30pm – 2:30pm

Beginner I

Built for the 5-7 year old who has moved past the final goals of Preschool Beginner, but has yet to turn 6 years old.

Swimming Skills:

Swim 3M (10ft) With Windmill Arms, Get Front Breath With Assistance; Must Use Arms & Legs In Forward Motion.

Final Goals:

Swim 6M (20ft) With Windmill Arms, Get Front Breath & With Assistance Resume Windmill Arms To Destination; Must Use Arms & Legs In Forward Motion.

12pm – 1pm

Beginner II

Built for all beginner swimmers with no previous swimming experience, anywhere in the age range of 7 years to 17 years old.

Swimming Skills:

None

Final Goals:

Swim 6M (20ft) With Windmill Arms, Get Front Breath With Assistance & Resume Windmill Arms To Destination; Must Use Arms & Legs in Forward Motion.

11am – 12pm

Beginner III

Built for beginner swimmers with some previous swimming experience, anywhere in the age range of 7 years to 17 years old.

Prerequisites for Beginner II

Swimmer must be no younger than 7 years old, but not older than 17yrs.

Swimming Skills:

Swim 6M (20ft) With Windmill Arms, Get Front Breath With Assistance & Resume Windmill Arms To Destination; Must Use Arms & Legs In Forward Motion.

Final Goals:

Swim 12M (40ft) With Windmill Arms, Get Front Breath Independently & Resume Windmill Arms To Destination; Must Use Arms & Legs In Forward Motion.