

# PGA Resort Swim School

## Starfish

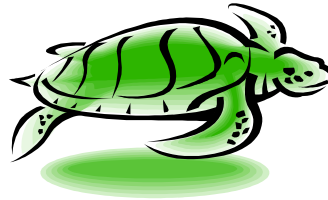
- \*6 months – 24 months
- \*Parent is required to be in the pool with child
- \*Up to six parent/child couples
- \*Sessions up to 20 minutes



The starfish program is designed to provide infants and toddlers with an increased awareness of and comfort in the water. The goal of this program is to help young children develop a greater sense of comfort in the water in order to prepare them for the learn-to-swim program. This class is taught with one instructor working together with six students and their respective parents, all in the pool together.

## Turtles

- \*12 to 36 months
- \*Parent required in the pool
- \*Up to 4 children in a class
- \*Sessions up to 30 minutes
- \*Recommended 3-4 Days per week

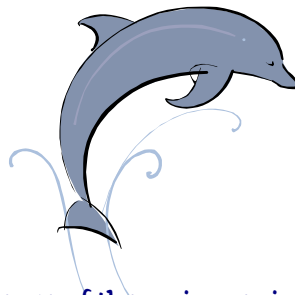


- Level 1: Swimmers work on becoming comfortable in the water
- Level 2: Child will be able to swim on own for 3 feet, working on swimming longer distances and holding breath under water.
- Level 3: Child is able to swim on own 6 feet or more, working on swimming longer distances and stroke techniques.

This group meets 3-4 days per week until the student is comfortable holding their breath underwater and lying in a back flat. Students attending one day per week may retain their current skills but most likely will not improve

## Dolphins

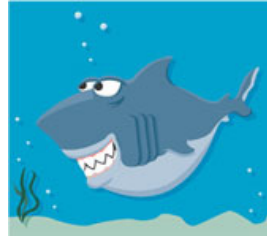
- \*3 to 5 years
- \*No parent allowed in the pool area
- \*Up to 4 children in a class
- \*Sessions up to 30 minutes
- \*Recommended 2-4 Days per week



The focus of this program is on the independence of the swimmer in the lessons. Parental involvement in the lesson is not permitted, encouraging the students to work alone with the instructor to develop their independent swimming skills. There is less emphasis on form in this program and a greater significance placed on the effectiveness at which a student can safely swim to the other side of the pool. At this developmental stage, children lack the muscle strength and coordination to properly execute accurate stroke technique. This program will not focus on stroke technique but will employ the use of rudimentary skills for student to use to swim across the length of the pool.

# Sharks

- \*5 to 8 years
- \*No parent allowed in the pool area
- \*Up to 6 children in a class
- \*Sessions up to 30 minutes
- \*Recommended 2-3 Days per week



Swimmers in the Shark Program will first learn the basic freestyle with a side-breath. The side-breath is actually the most important skill that can be learned in swimming. Along with the freestyle, students in the Shark Program will also learn the backstroke. The backstroke is an important stroke to learn as it allows the swimmer to swim freely without the fear or concern of when to take a breath. Once students have an adequate knowledge of the freestyle and backstroke, they will be introduced to the breast stroke and butterfly kicks. Most Shark swimmers will complete a modified version of the strokes simply because of their bodies' developmental stage.

- Session 1: June 20 - July 3
- Session 2: July 6 - July 18
- Session 3: July 20 - August 1
- Session 4: August 3 - August 15



- Starfish:** M-W-F at 5:00 pm & Saturday at 9:30
- Turtles:** M-W-F at 5:30 pm & Saturday at 10:00 am
- Dolphins:** M-W-F at 6:30 pm & Saturday at 10:30 am
- Sharks:** M-W-F at 6:00 pm & Saturday at 11:00 am

\$120/session member  
\$149/session nonmember

**No refunds**  
**No session transfers**  
**No make-up classes**

**Classes are held at the Health & Racquet Club Pool**

**ADVANCED REGISTRATION REQUIRED**

- \*Minimum of 2 participants per session required
- \*\*Children not potty trained must wear swim diapers in the pool!

Contact PGA National Health & Racquet Club at: **561-627-4444**  
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