

## Winter 2020 dates running from January 8th to March 11th, 2020

Time	Level Breakdown		
6:00pm		Preschool Beginner	Preschool Intermediate
6:15pm	Parent and Tot	Minnows/Submerging	Buoyant Blowfish/
6:30pm		Stingrays	Gliding Penguins
6:30pm	Preschool Intermediate	Preschool	
6:45pm	Buoyant Blowfish/ Gliding	Advanced Swimming	Swimmer
7:00pm	Penguins	Sharks	Beginner Swimmer 1/2
7:00pm			(45 minutes)
7:15pm	Swimmer Intermediate	Swimmer	
7:30pm	Swimmer 3/4	Advanced Swimmer 5/6	Private Lesson/ Adult
7:45pm			Classes

# **Preschool Program**

## Minnows – Preschool One

The first level in the World Waterpark Swim Club's Preschool Program. Designed for your little swimmer, aged 3-5 years old, who is looking to gain more confidence in the water by introducing them to entries and exits as well, as basic submersion skills. Swimmers will begin practicing their floats and glides with assistance.

Next Step: Submerging Stingrays!

#### Submerging Stingrays – Preschool Two

The second level in the World Waterpark Swim Club's Preschool Program. Designed for your little swimmer, aged 3-5 years old, who has the basics under their belt and is comfortable submerging their face in the water without assistance. Stingrays will continue to develop their floating skills independently and begin practicing rolling floats to set the foundation for stroke development in later levels.

## Next Step: Buoyant Blowfish

#### **Buoyant Blowfish - Preschool Three**

The first level in the World Waterpark Swim Club's Preschool Program. Designed for your little swimmer, aged 3-5 years old, who is confident and ready to hone their swimming skills for further stroke enhancement. Blowfish should be confident in their submersion skills while also blowing bubbles for proper breath holding techniques and will begin adding flutter kick into their skill development.

Next Step: Submerging Stingrays!

## **Gliding Penguins - Preschool Four**

The first level in the World Waterpark Swim Club's Preschool Program. Designed for your little swimmer, aged 3-5 years old, who is confident and comfortable in both shallow and deep water. Penguins are starting to practice techniques treading water and being introduced to swimming strokes such as Front Crawl with a PFD.

Next Step: Submerging Stingrays!

#### **Swimming Sharks - Preschool Five**

The last level in the World Waterpark Swim Club's Preschool Program. Designed for your little swimmer, aged 3-5 years old, who is now a strong and confident swimmer looking for new challenges and to continue to develop their swimming skills. Sharks will begin to explore more complex swimming strokes like whip kick as well as completing their front and back crawl independently.

Next Step: World Waterpark Swim Club Swimmer Program (6+ years old).