



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

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

## Swimmer Program

### Swimmer 1

The first level in the World Waterpark Swim Club's Swimmer Program. Designed for your growing swimmer, over 6 years old, who is looking to gain more confidence by introducing them to entries and exits in both shallow and deep water. Swimmers will begin practicing their floats and glides and introducing kicking to their swimming skills to get ready for stroke development.

**Next Step:** Swimmer 2!

## **Swimmer 2**

The second level in the World Waterpark Swim Club's Swimmer Program. Designed for your growing swimmer, over 6 years old, as they continue to gain more confidence in deep water skills and introductory stroke standards. Swimmers will begin to work on their Front and Back crawl standards and have an introduction to new stroke pieces like whip kick.

**Next Step:** Swimmer 3!

## **Swimmer 3**

The third level in the World Waterpark Swim Club's Swimmer Program. Designed for your growing swimmer, over 6 years old, who has a solid foundation and comfort level in both shallow and deep water. Swimmers will continue to build on skills they have been introduced to in previous levels and begin to work further on their endurance skills to complete introductory stroke standards for up to 15 meters.

**Next Step:** Swimmer 4!

## **Swimmer 4**

The fourth level in the World Waterpark Swim Club's Swimmer Program. Designed for your growing swimmer, over 6 years old, looking to further their endurance development and continue enhancing their stroke skills. Swimmers will learn new arm techniques for breaststroke and underwater training will be introduced.

**Next Step:** Swimmer 5!

## **Swimmer 5**

The fifth level in the World Waterpark Swim Club's Swimmer Program. Designed for your growing swimmer, over 6 years old, ready to put all the steps together from their training so far. Swimmers will begin practicing sprint standards, endurance up to 50 meters, and new interval training. Swimmers will also get an introduction into lifesaving

kicks to assist with introductory lifeguard training for continued swimming development and life skills.

**Next Step:** Swimmer 6!

### **Swimmer 6**

The sixth level in the World Waterpark Swim Club's Swimmer Program. Designed for your growing swimmer, over 6 years old, who is ready to put all their skills learned together for the final swimming program before moving to lifeguard training! Swimmers will complete stroke standards up to 100 meters as well as hone their lifesaving kicks.

**Next Step:** World Waterpark Swim Club's Junior Lifeguard Program!