

Summer Pool Plan

Swim Lesson Sessions

Session 1 June 15th-18th

Session 2 June 22nd- 25th

Session 3 June 29th - July 2nd

Session 4 July 6th- 9th

Session 5 July 13th-16th

Session 6 July 20th- 23rd

Session 7 July 27th- 30th

Session 8 August 3rd- 6th

Session 9 August 10th-13th

Swim lessons morning (\$40 members, \$44 non-members)

Monday-Thursday

10:45-11:15	Level 1	Level 2	Level 3
11:15-11:45	Level 1	Level 2	Level 3
11:45-12:15	Level 1	Level 2	Level 3
12:15-12:45	Level 1	Level 2	Level 3

Swim lesson night (\$40 members, \$44 non-members)

Monday-Thursday

6:00-6:30	Level 1	Level 2
6:30-7:00	Level 1	Level 2/3

Lap swim

12:30-1:00

Any time during open swim

Open swim

1:00-8:00 Monday- Thursday

11:30-7:15 Friday-Sunday

Level 1- Level 1 focuses on the fundamentals of water safety and swimming. Children learn how to safely enter and exit the pool and learn how to blow bubbles out of their nose. Children will also learn how to float on their front and back as well as do bobs, which is fully submerging the body to touch the bottom of the pool then jumping back up. They will begin to learn freestyle arms. In order to move up to level 2 they must be able to blow bubbles out of their nose, they

need to be able to float on their front and back without assistance, and they need to be able to do a bob under the water. Typical age is 3 and up and they must be completely potty trained.

Level 2- Level 2 focuses on taking the skills learned in level 1 and taking it to the next level. Children will work on freestyle arms also known as front crawl. Children will also learn to pull their arms in a freestyle motion, while their head is underwater. Once they have grasped this, side breath will be introduced. In order for your child to move onto level 3, they must be able to swim freestyle with their face in the water unassisted.

Level 3- Level 3 takes fundamental skills learned in level 2 and applies them to freestyle and backstroke. Children will continue to learn side breath and put together the whole freestyle stroke in the first couple of classes. From there the basics of backstroke like the arms and rotation of the shoulders will be taught and practiced. From there the children will begin to learn breaststroke. They will first begin with learning the breaststroke kick, which is similar to a frog kick, then the full stroke will be finished off with how the arms pull and move in order to glide through the water. Treading will also be introduced in level 4 as the kick is similar to breaststroke kick. Children will learn how to kick their legs underneath them almost in a standing position, as well as using their arms to keep their head above water when in deep water.

What to Expect- When a young child starts swimming lessons for the first time, they may cry, scream, be nervous or scared. These are all normal reactions that our instructors are prepared for and expect. We are strangers to your child which can be scary especially for young children, so when starting the first day, it is okay for your child to be nervous or cry because this is a new thing for them. If they are more comfortable sitting on the edge of the pool and watching the first day, that is okay! We want your child to feel safe by the water, not pressured because that can cause a fear of the water. Our goal is to get your child to be comfortable in or out of the water first as well as get to know the instructor, then we begin learning some skills to be safe in the water.

Summer Swim Team League (\$175)

June 15th- July 25th

9:30-10:30 AM

Summer swim team is a 6 week program that allows more advanced swimmers to work on their technique and endurance. We practice 4 days a week in the mid-morning, with a swim meet each Saturday during the month of July. There is a final All-city swim meet at the end of the month that includes all the swim teams in the league. The cost covers the fees to be in the league and allows us to provide ribbons at each swim meet plus cover the cost of hosting swim meets. This year we will also be providing latex swim caps to each swimmer, and will have a merch shop available to buy team swim suits and other gear if your family decides they want it. We ask that

each swimmer is able to swim a 25 freestyle, a 25 backstroke and a 25 breaststroke before moving onto the swim team.

About the coaches (for the website)

Head coach: Nicole Stanaway

Hi, my name is Nicole Stanaway, I have been a competitive swimmer for 8 years. In high school I swam the 100 fly, and 200 free with the occasional 200 IM thrown in there. I also played water polo for all four years of high school and have decided to continue playing in college on Gonzaga's club team. I have been the head coach here for the last 5 years. This will be my fifth year coaching swim team and my sixth year teaching swim lessons and lifeguarding. Last year we saw a lot of great progress with the kids and got to see them shine at swim meets throughout the summer. I look forward to seeing all the new and returning faces this summer. If you have any questions please reach out to Jordan or I at stcswimming@gmail.com

Assistant coach: Jordan Koloszar

Hi, my name is Jordan Koloszar, I have been in the swimming realm for about ten years now. I started swimming competitively when I was 8 years old, and I continue to swim to this day. My favorite events throughout my years in swimming were the 100 backstroke, 100 breaststroke, and the 500 freestyle. I have taught swim lessons here at STSC for the last 3 years and coached summer league for the first time last year. Although last year was my first year teaching summer league, I help coach our local club team throughout the year and have quite a bit of experience in coaching. Teaching and coaching children is a passion of mine and I enjoy helping children progress in swimming. Please feel free to reach out to Nicole or I at any time using this email: stcswimming@gmail.com.