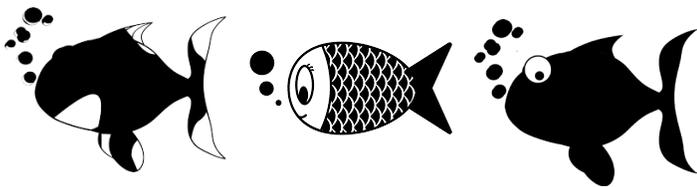


# Take the plunge! Learn to swim at Madonna ProActive.



## Why take swim lessons?

Swimming is a fun form of exercise for children of all ages. But did you know that it also has many healthy life-long benefits? Swimming can enhance the cardiovascular system, posture, muscle strength, flexibility and endurance. Madonna ProActive offers water introduction, water safety and swim lessons. Classes are held once a week and last eight weeks. Private or semi-private lessons are also available.



## Class Descriptions

### **Bobbers & Sinkers (6 months-2 years)**

This class is designed as an introduction to water and focuses on teaching parents to correctly work with their youngsters through water exploration. We will safely develop a comfort zone in the water by learning proper infant handling to aid in floating techniques and rudimentary stroke.

### **Shrimp (Level I)**

This beginning level class helps children adjust to water so they feel comfortable. Children will work on kicking, paddling and floating with assistance.

### **Seahorse (Level II)**

Created to bridge the gap between water introduction and basic front crawl stroke. It focuses on independence in the water including floats, glides and treading water. Perfect for kids who are not frightened but do not have the confidence or strength to swim independently yet.

### **Starfish (Level III)**

Students will continue work on basic front and back crawl movements. Students must be able to swim 10 feet alone. They will be challenged with combining various skills taught in lower levels. We will also expand on their water safety knowledge and skills.

### **Jellyfish (Level IV)**

This class aims to increase coordination and the distance at which students can move on their own. While the focus is on refining simple front and back crawl movements, we introduce rhythmic breathing and new kick techniques. Students will also develop the ability to tread water.

### **Stingray (Level V)**

At this level, focus is put on technique to increase coordination, breathing skills and different kick performances. Our goal is to increase muscle strength and endurance allowing students to swim a full length of the pool by efficiently using all stroke styles.

### **Dolphin (Level VI)**

Students enrolled in this class should already be able to effectively swim a full length of the pool using front and back strokes. We continue to refine breathing and "S pull" techniques. Students learn open turns to aid in continuous swimming and transitioning from one stroke to another.

### **Piranha (Level VII)**

This class increases the distance at which the student can swim with ease. One of the biggest milestones of this class is continuously swimming for five minutes. We will also develop breaststroke and sidestroke and begin working on flip turns.

### **Tigershark (Level VIII)**

This class is designed as a precursor to the swim team atmosphere. Students are expected to come to class ready to work hard. At this level dolphin kick is introduced and the endurance swim is increased to ten minutes of continuous swimming.

## How do I register?

Registrations must be completed in person at the front desk. Forms are available online and at the front desk.

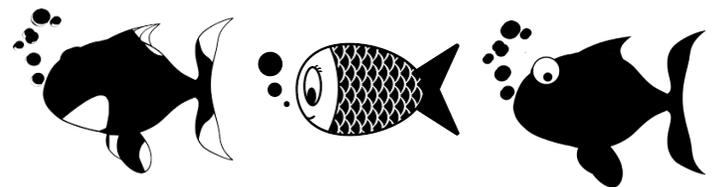
## Pricing

Members: \$40

Non-members: \$64

## Private, Semi-private and Adult Lessons

See the front desk if you wish to participate in private, semi-private or adult lessons.

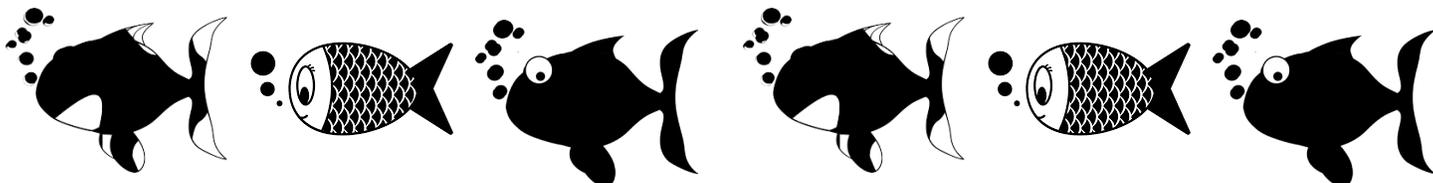


# Skill levels for swim lessons at Madonna ProActive.



## Class Swim Skills

Please use the class's listed swim skills to help determine the appropriate level for your child. Instructors work with the child to develop the listed strokes. If your child has mastered these skills then they are ready to move to the next level.



## Development Goals

### Shrimp (Level I)

Enter/exit pool and jump in; Bobbing levels of chin, nose, eye, and head; Push off wall; Kick on front and on back with assistance; Circle arms; Front and back float with assistance

### Seahorse (Level II)

Enter/exit pool and jump in independently; Bob 5 times consecutively; Push off wall on front and back; Forward movement on front and back; Front and back float independently

### Starfish (Level III)

Enter/exit pool and jump in independently; Bob all the way under 10 times; Push off wall 5 feet on front and back without assistance; Kick on front and back with kickboard; Independently float on front and back for 5 seconds; Front and back crawl for 10 feet without assistance; Tread water for 10 seconds

### Jellyfish (Level IV)

Swim underwater 10 feet; Retrieve object from pool bottom; Independently float on front and back for 10 seconds; Front and back glide for 10 feet; Front and back crawl for 20 feet; Tread water for 20 seconds; Whip kick for 10 feet; Dolphin kick for 10 feet; Elementary back stroke

### Stingray (Level V)

Front and back float for 30 seconds; Front and back crawl for 25 yards with rhythmic breathing; Swim under water 15 feet; Whip kick 25 yards with kickboard; Swim with breast stroke; Dolphin kick for 25 yards; Scissor kick with kickboard; Open turn; Tread water for 30 seconds

### Dolphin (Level V)

Front and back crawl for 50 yards with rhythmic breathing; Elementary back stroke for 50 yards; Breast stroke for 25 yards; Swim with butterfly stroke; Side stroke for 25 yards; Survival float for 1 minute; Front approach flip turn; Reaching assist

### Piranha (Level VII)

Front and back crawl for 100 yards with rhythmic breathing; Breast stroke for 50 yards; Butterfly stroke for 50 yards; Individual medley-25 yards each of back, breast, fly and freestyle strokes; Endurance swim for 5 minutes; Front and back approach flip turn; Tread water for 3 minutes; Reaching assist

### Tigershark (Level VIII)

Front and back crawl for 200 yards with rhythmic breathing; Breast stroke for 100 yards; Butterfly stroke for 50 yards; Individual medley-50 yards each of back breast, fly and freestyle strokes; Endurance swim for 10 minutes; Tread water for 5 minutes; Reach/throw assist