



# CALABASAS SWIM SCHOOL FALL SESSIONS



## LEVEL DESCRIPTIONS:

**LEVEL 1: BABY PUPS & PARENT SEALS 6 MONTHS-3YRS. SMALL POOL**  
 INTRODUCE YOUR LITTLE ONE TO THE WATER! BUILD THEIR CONFIDENCE IN THE WATER WITH STEPPING STONES TOWARDS SWIMMING & AQUATIC SAFETY IN A FUN ENVIRONMENT. PARENT MUST ENTER WATER WITH SWIMMER. CHILD MUST WEAR SWIM DIAPER.

**LEVEL 2: SEA HORSES 3-5 YRS. SMALL POOL**  
 FIRST LEVEL SWIMMERS ARE AWAY FROM THEIR PARENTS WORKING WITH OUR SWIM INSTRUCTORS. SWIMMERS ARE INTRODUCED TO WATER WHILE BECOMING COMFORTABLE MUST BE COMFORTABLE IN THE WATER AND BE ABLE TO KICK WITH BOARD 7 YARDS WITH MINIMAL HELP TO MOVE UP TO SEA TURTLES.

**LEVEL 3: SEA TURTLES 4-6YRS. SMALL POOL**  
 CONTINUES TO BUILD CONFIDENCE IN THE WATER WHILE WORKING ON LEARNING THE BASICS OF FRONT CRAWL AND BACKSTROKE. SURVIVAL SKILLS ARE ALSO INTRODUCED IN THIS LEVEL. MUST BE ABLE TO SWIM LENGTH OF SMALL POOL WITHOUT HELP TO MOVE UP TO STING RAYS.

**LEVEL 4: STING RAYS 6-10YRS. MAIN POOL**  
 BECOMING COMFORTABLE IN ALL DEPTHS OF WATER. CONTINUING TO IMPROVE THE FRONT CRAWL WITH ROTARY BREATHING, BACKSTROKE AND INTRODUCE ELEMENTARY BACKSTROKE AND BREASTSTROKE KICK FOR 25 YARDS.

**LEVEL 5: BARRACUDAS 7-12YRS MAIN POOL**  
 CONTINUES TO IMPROVE THE BASICS OF FRONT CRAWL, BACKSTROKE, ELEMENTARY BACKSTROKE AND BREASTSTROKE FOR 50 YARDS. INTRODUCE THE BASICS OF BUTTERFLY AND INTRODUCE FRONT CRAWL AND BACK STROKE FLIP TURNS.

**LEVEL 6: GREAT WHITES 7-12YRS. MAIN POOL**  
 PREPARES SWIMMERS FOR COMPETITIVE SWIMMING WHILE CONTINUING TO IMPROVE TECHNIQUE ON ALL 4 STROKES AND BUILD ENDURANCE FOR 100 YARDS.

## FALL SESSIONS: \*NO LESSONS SCHEDULED FOR 9/3

FALL SESSION	5A	MON.-THURS.	9/4-9/13	7 LESSONS	\$112.00
FALL SESSION	5B	SAT.	9/8-9/29	4 LESSONS	\$64.00

## FALL DAYS/TIMES:

BABYPUPS & PARENT SEALS:	MON.-THURS. 6:00PM	SAT. 10:00AM
SEA HORSES:	MON.-THURS. 4:00PM	SAT. 10:30AM, 12:00PM, 12:30PM
SEA TURTLES:	MON.-THURS. 4:30PM, 5:00PM	SAT. 11:00AM, 12:00PM, 12:30PM
STINGRAYS:	MON.-THURS. 5:30PM, 5:30PM	SAT. 11:30AM, 11:30AM
BARRACUDAS:	MON.-THURS. 4:00PM, 5:00PM	SAT. 10:30AM
GREAT WHITES:	MON.-THURS. 4:30PM	SAT. 11:00AM



**SORRY, NO MAKE UPS SWIM LESSONS ARE 25 MINUTES**



