

# CONDORS SWIM LESSONS CONDORS SWIM LESSONS OF ROCKLAND COUNTY OF ROCKLAND COUNTY

Felix Festa Middle School  
30 Parrott Road  
West Nyack , Ny 10994

Ashley Telesmanic  
Swim School Coordinator  
845-638-4381  
Lessons@condorsswimming.com

Condors Swim Lessons offers 5 learn-to-swim levels in order to prepare young swimmers for any and all paths they may wish to follow in the pool. Our main priority for all youngsters who join us is to teach comfort and safety in the water, while introducing, in a fun and relaxed way, the basic fundamentals necessary for proper swimming technique in the future. Our swimming lessons are geared towards following a step-by-step plan wherein the development of each skill is built upon by the next in order for each child to effectively advance through our levels.

Before selecting a group that best suits your swimmer, please be aware that the program is geared to work at your child's pace. Once your child achieves the goals of the current level, then and only then will we graduate him or her to the next. There is no benefit in trying to rush through our program as all of the skills taught at each level must be mastered and they will be reinforced and advanced upon from one group to the next.

When registering for a class, please choose the level that best suits your swimmer. If you are unsure and cannot decide between two levels, we always recommend that you place your child in the group slightly below his or her level. This way, your child will immediately gain confidence in the group and advance quickly.

Once a swimmer successfully advances through our 5 level structure, we then have numerous groups to begin swimming on a more competitive level. The first of which, Pre Team, is run through our lesson program and runs on a two-month per cycle basis for \$350. From there, coaches will recommend a next step for swimmers based on age and abilities learned through lessons.

## **BEGINNER 1**



This is our true beginner level for swimmers who have not yet been exposed to or may have some fear of the water. Here swimmers will focus on getting more comfortable and relaxed in the water. Beginner 1 is for swimmers between 3-5 years of age (no kids under 3). Throughout lessons in this group, swimmers will learn to put their face in the water, begin kicking with a floatation device, and generally learn to have fun while getting to like being in the pool.

### **Main Skills worked on in Beginner 1**

1. Floating on stomach and back
2. Face in the water and blowing bubbles
3. Drop downs or bobs under water either on the wall or with instructor
4. Kicking and pulling with instructor assisting
5. Kicking with a floatation device unassisted

**AGES 3-5**

## BEGINNER 2



In our second level, swimmers will continue to work on body positioning in the water while becoming more independent in the pool. Kids need to have shed the fear of the water and leaving the wall unassisted. A main focus will be on developing the proper flexion in flutter kicking and not bending the knees or breaking their body line too much while kicking. As the class progresses, the ultimate goal is to have swimmers understand the concept of over the water strokes.

### Main Skills worked on in Beginner 2

1. Kicking with a flotation device—Kick Board/Noodle
2. Streamline push off to an instructor
3. Swimming from wall to instructor at increasing lengths each class
4. Start swimming with face in the water while blowing bubbles
5. Over the water free and back while being held by instructor

**AGES 5-6**

## INTERMEDIATE 1



At the Intermediate level, children are becoming much more comfortable in the water. The group will focus on pushing off of the wall as well as diving off of the platforms into streamline positions. They will also be introduced to butterfly kicking during the streamlines. By the end of this level, swimmers should be able to swim several body lengths of freestyle and backstroke unassisted.

### Main Skills worked on in Intermediate 1

1. Kicking unassisted on back and front without flotation devices
2. Overarm freestyle and backstroke basics
3. Underwater streamline push offs into 4-5 free strokes
4. The concepts of butterfly kicking—over and under the water
5. Side Breathing in Freestyle will be introduced

**AGES 6-8**

## INTERMEDIATE 2



Here, swimmers can perform basic freestyle and backstroke and can swim without assistance. As in all groups, swimmers will continue to build upon proper flutter kicking on front and back. Instructors will be focusing on stroke technique in backstroke and butterfly as well as proper breathing to both sides in freestyle. Breaststroke kicking will be introduced and by the end of Intermediate 2, we aim to have swimmers ready for full laps of freestyle and backstroke.

### Main Skills worked on in Intermediate 2

1. Perfecting stroke technique in Free (high elbows) and Back (straight arms)
2. Continue advancing underwater streamlines while introducing side kicking
3. Start working on butterfly arms and timing with kicks
4. introduce Breaststroke kicking
5. Breathing to both right and left (bi-lateral) breathing will be introduced

**AGES 6-8**

## **ADVANCED**



Swimmers who are in our advanced group have shown a solid understanding of the proper stroke mechanics in both freestyle and backstroke. Here, they are also starting to become more legal in both Butterfly and Breaststroke. Swimmers will be perfecting streamlines and pop-outs or transitioning into their first couple of strokes. Instructors will also be introducing freestyle and backstroke flip turns. At the end of the Advanced Group, swimmers are on their way towards competitive swimming.

### **Main Skills worked on in Advanced**

1. Proper form and body positioning in Freestyle and Backstroke will be enforced
2. Continue to work on underwater streamlining as well as transitioning into swimming
3. Work on timing in Butterfly and Breaststroke to make strokes legal
4. Some breathing control and aerobic training will be introduced
5. Introduction of Freestyle and Backstroke flip turns

**AGES 6-12**