

## FALL 2021 SWIM CAMP SESSIONS CALVIN UNIVERSITY

### September Session Details

- Level 1-4, Swim Prep 1-2
- 9 Lessons, 45 minutes per lesson.
- Schedule: Monday, Wednesday, Thursday
- Practice Times: 6:15pm-7:00pm
- First Day: Monday, September 13, 2021.
- Last Day: Thursday September 30, 2021.

### October Session Details

- Level 1-4, Swim Prep 1-2
- 9 Lessons, 45 minutes per lesson.
- Schedule: Monday, Wednesday, Thursday
- Practice Times: 6:15pm-7:00pm
- First Day: Monday, October 11, 2021.
- Last Day: Thursday November 28, 2021.

### Competitive Swim Team Details

- Competitive Swim Team
- Practice Length: 1 hour
- Schedule: Monday, Wednesday, Thursday
- Practice Times: 6:00pm-7:00pm.
- First Day: Monday, November 1, 2021.
- Last Day: Thursday February 12, 2021.

***Please use the following descriptions to determine the skill level that would be appropriate for your child. Children with no swimming experience should be placed in Level 1. A swimmer should be able to accomplish ALL the skills described in the previous skill level. For example, in order to be placed in Level 2, a swimmer would need to be capable of performing the skills listed for Level 1, and so on. We will spend a small portion of the first class testing those children whose parents are uncertain what skill level would be appropriate for their child, but most children will be pre-registered in a skill level; therefore, instruction can begin right away. Some placement adjustments may be needed in the first few classes if parents have either over- or underestimated their child's ability.***

**FALL 2021 SWIM CAMP SESSIONS**  
**CALVIN UNIVERSITY**

**Skill Level Descriptions**

- **Level 1: Water Exploration** - *Submerge face, blow bubbles, supported float: back and front, enter/exit water independently, navigate comfortably at pool side, alternating arms action, supported kicking: front and back, and basic water safety.*
- **Level 2: Primary Skills** - *Breath control, retrieve objects in the water, unsupported float: back and front, rhythmic breathing, jumping into shallow end, unassisted flutter kick: front and back, flutter kick on back with some arm action, and basic water safety.*
- **Level 3: Stroke Readiness** - *Retrieve objects in water 5 yards out, eyes open bobbing, complete underwater submersion, jump into deep water, streamline dive from side of pool, prone & supine glide, freestyle with side breathing, backstroke technique, elementary back kick, and basic water safety.*
- **Level 4: Stroke Development** - *Elementary backstroke, breaststroke kick, sculling and treading water, swim full length of pool (25yards) freestyle, backstroke and breaststroke, dolphin kicking, and basic water safety.*
- **Level 5: Stroke Refinement** - *Sprint kicking: dolphin and flutter kick, introduction to starting blocks, sidestroke, competitive freestyle, backstroke and breaststroke techniques, wall push offs and open turns, streamline dives from the side of the pool.*
- **Level 6: Stroke Proficiency** - *Competitive stroke timing and rhythm, freestyle and backstroke flip turns, breaststroke pull outs, endurance freestyle, backstroke and breaststroke, introduction to advanced stroke development drills.*
- **Level 7: Advanced Skills** - *Underwater dolphin kicking, sprint freestyle, backstroke, breaststroke and butterfly, competitive race starts, breakouts, individual medley skills, tempo training, speed development.*
- **Swim Team Prep 1** - *Competitive freestyle, backstroke and breaststroke technique, wall push offs and open turns, freestyle and backstroke flip turns, streamline dives, underwater dolphin kick, advanced sculling techniques, and introduction to basic swim sets. (Appropriate for Level 5 to Level 6 skill level.)*
- **Swim Team Prep 2** - *Competitive butterfly technique, distance freestyle technique, competitive race starts, breakouts, individual medley skills, sprint technique, endurance conditioning, and introduction to advanced swim sets. (Appropriate for Level 7 to Level 8 skill level.)*
- **Competitive Swim Team** - *Competitive starts and turns, relay exchanges, comprehension of advanced swim sets, basic flexibility and strength training, 15m underwater dolphin kick, advanced stroke techniques, race strategy, team building, and swim meets.*