

LET'S SWIM TOGETHER.

GROUP SWIM LESSONS

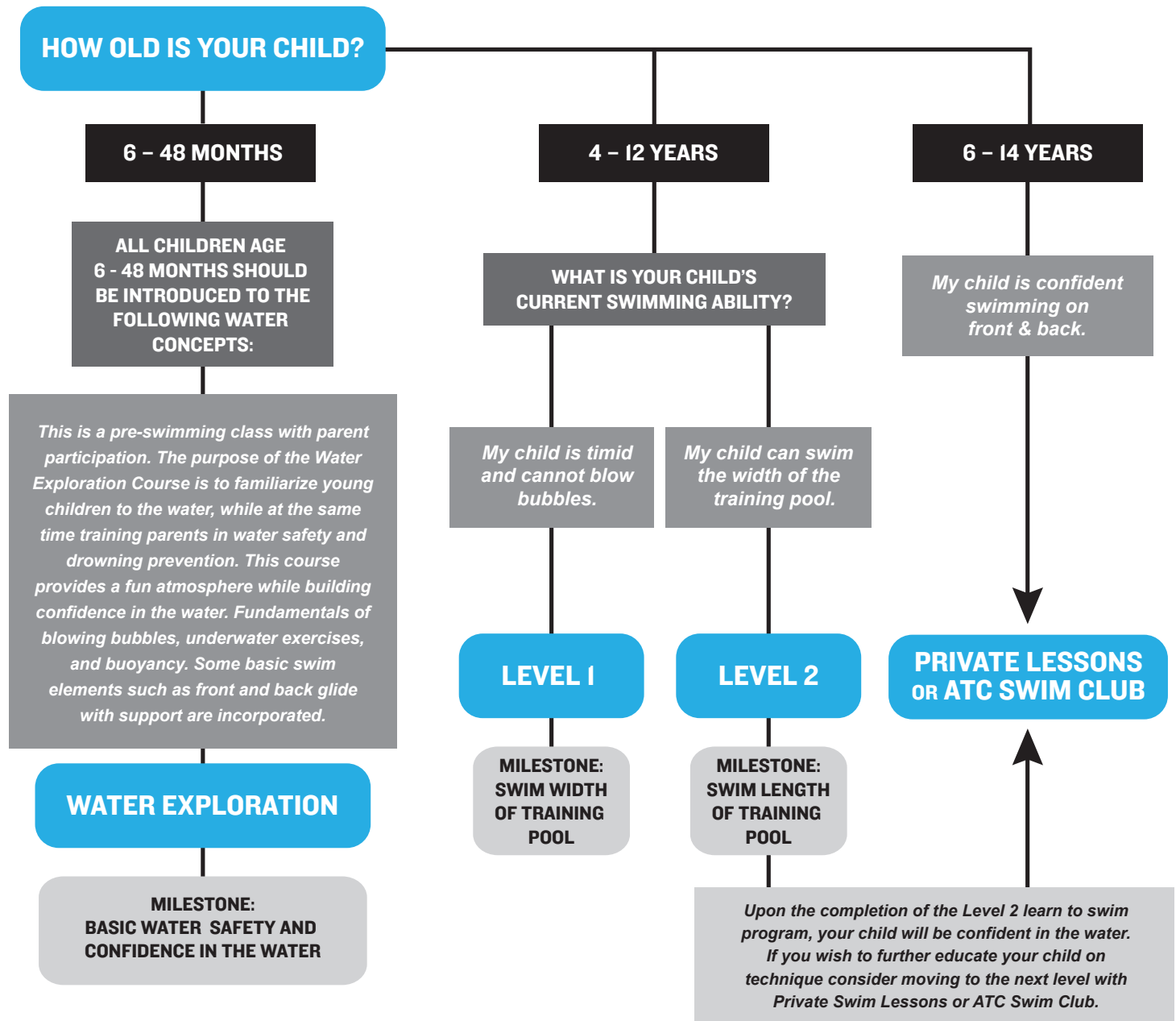


The **Amarillo Town Club** has long been Amarillo's top choice for swim lessons. With both private and group lessons available, ATC is an affordable, convenient, and safe place to learn to swim. Our ATC certified swim instructors focus on water safety along with swimming technique, form, breathing and speed - all in a safe and friendly environment. ***Sign up today and see why ATC is Amarillo's top choice for swim lessons!***

GROUP SWIM LESSONS

CHOOSING THE RIGHT CLASS FOR YOUR CHILD

The ATC Group Swim Lessons Curriculum consists of courses containing age-appropriate activities that focus on the development of core swimming competencies and, once achieved, development of proper stroke technique. It is important that students enroll in a course that is age and developmentally appropriate. Utilizing the flow-chart below, you can assess your child's unique skill level and developmental progression to determine what class would be best for their swim progression.



GROUP SWIM LESSONS CURRICULUM

The ATC Group Swim Lessons Curriculum consists of courses containing age-appropriate activities that focus on the development of core swimming competencies and, once achieved, development of proper stroke technique. It is important that students enroll in a course that is age appropriate. Regardless of age, each student will work at his or her individual level of swimming development within a lesson. All children will be individually assessed as to what level and what class would be best for their swim progression.

WATER EXPLORATION COURSE CURRICULUM AGES 6-48 MONTHS

Parent/Caregiver & Child | two 30 minute lessons (Monday/Wednesday -or- Tuesday/Thursday)

Water Exploration: (Ages 6 months to 48 months) We will be going over safety measures, proper holding positions and much more! Parents being in the water with the children will help them to be much more open to the group experience. This is a class to help parents develop the essential skills needed to ensure their children are both safe and comfortable in the water. We will introduce the fundamentals of blowing bubbles, going under water and how to kick. Some basic swim elements such as front and back glide with support are incorporated. This course is not designed to teach children to become good swimmers or to survive in the water on their own. It is designed to prepare them to learn to swim in the level 1 class. You may choose either Monday and Wednesday or Tuesday and Thursday. Whichever works best for your schedule!

Class is held in the ATC training pool. On the first day of class please put your child in our childcare room and meet the instructor on the pool deck. The instructor will give you an introduction to the course and go over basic class rules. After the introduction you will go get your child out of childcare and enter the water with the instructor and your child. A maximum ratio of (1) instructor to (5) students is permitted.

LEARN TO SWIM: LEVEL 1-2 CURRICULUM AGES 4 - 12 YEARS

Four 30 minute lessons (Monday-Thursday)

LEVEL 1

The Level 1 course is designed to meet the needs of four year olds and up through elementary age. This course will develop a higher comfort level in the water, safe practices in and around water, and good swim habits. For those children who are developmentally ready, it will teach beginning swim skills. Students work toward accomplishing the core competencies as listed below and receive recognition that shows the child has obtained a solid understanding of the skill and can achieve it with or without assistance. A maximum ratio of (1) instructor to (5) students is permitted.

- Blowing bubbles and bobbing
- Retrieve submerged objects
- Roll from back to front
- Front and back glides and floats
- Swim the width of the training pool
- Swim the width of the training pool using combined arm and leg actions

Safety Skill: Always ask permission before getting in the water.

At this level the parent and child may elect to repeat this course until these skills are accomplished or take Private Lessons.

LEVEL 2

The Level 2 course is designed to give participants success with fundamental skills by working towards and accomplishing the core competencies as listed below. The child receives recognition that demonstrates that they have obtained a solid understanding of the skill and can achieve it assisted or unassisted dependent on the activity. The Level 2 course is designed for preschoolers on up through elementary age. A maximum ratio of (1) instructor to (5) students is permitted.

- Successful demonstration of Level 1 core competencies
- Fully submerged and holding breath
- Opening eyes underwater and retrieving submerged objects
- Unassisted front and back glides and floats
- Roll from front to back and back to front
- Tread water using arm and leg action
- Combined arm and leg actions on front and back
- Assisted roll from streamline to starfish
- Swim the length of the training pool using combined arm and leg actions

Safety Skill: Learn how to recognize an emergency and how to call for help.

At this level the parent and child may elect to repeat this course until these skills are accomplished or advance to ATC Swim Club.

More advanced levels available. Evaluation prior to acceptance.

GROUP SWIM LESSONS

POLICY & INFORMATION

POLICY

- No Make-up classes for missed swimming lessons.
 - Rescheduling or refunds are at the discretion of ATC.
 - All Children are evaluated on the first day of class to ensure that they are participating with student of a similar skill level. Adjustments will be made as deemed necessary and as space permits.
 - Payment is required prior to lesson starting.
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INFORMATION

- Any participant needed to dress for swimming lessons must do so in the locker rooms.
- Participants need to meet in their designated areas for instructors prior to class starting.
- During swimming lesson times, pool is not available for free swim; participants must exit the water at the end of the class.
- Swim goggles are permitted during swimming lessons.

INFORMATION SPECIFIC TO EACH TYPE OF LESSON:

Water Exploration

- On the first day of class Water Exploration classes will meet on the pool deck.
- Any child not toilet trained must wear swim diaper.

Group Level 1 – 2 & Adult Lessons

- On the first day of class, classes will meet on the pool deck.
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For more information, please visit the ATC Front Desk or contact our Aquatics Department at (806) 468-0391 or email: aquatics@amarillotownclub.com.

WHY SHOULD I ENROLL MY CHILD IN SWIM LESSONS?

Swimming is a valuable skill for both children and adults, but is best learned as a child for a variety of reasons. Swimming is an activity that can be done throughout the year in pools, lakes, and oceans. Different activities can be done in these areas such as boating, diving, swimming and playing in the water. Children should learn to swim for health and safety reasons as well as to enhance personal enjoyment.

SAFETY

Knowing how to swim is essential for water safety. Children should be taught to swim in a safe environment, and they should learn not only swimming strokes but basic water safety techniques, such as how to float and tread water for extended periods of time. However, children should always be supervised in the water regardless of their swimming ability.

FITNESS

Swimming is important for fitness and is one activity that can be done throughout the lifespan. Since swimming is done in the water there is minimal impact on the joints. United States Masters Swimming cites that swimming can aid in the development of both strength and cardiovascular health. Children need this and it teaches them good habits that they can use for the rest of their lives.

PHYSICAL DEVELOPMENT

Swimming can aid physical development in children. Swimming requires coordination of both the arms and the legs, something that many other sports and activities don't offer. Strokes like breaststroke and butterfly involve the arms and legs doing very different motions at the same time. This helps the development of coordination and gross motor skills. In addition, this will help children develop higher level thinking skills as they are forced to think about their movements.

SOCIAL OPPORTUNITIES

Enrolling a child in swimming lessons provides them with social opportunities. Most swim lessons are taught in a group and children will learn how to be patient and take their turn. In swim lessons, children learn that rough playing in the water can hurt others and they learn to take responsibility for others while they are swimming. In addition, many children go from swimming lessons to swim team and develop lasting friendships with the people they meet.