



866-8356

Twigs Kids Dolphin Cove

Small Ratio!
Warm Water!

Dolphin Cove Swim School Philosophy:

Dolphin Cove Swim lessons focus on safety and water survival. From the Infant Survival Resource Program to the end goal of swimming 300 yards, our lessons are designed to provide a child with the best opportunity for survival if they encounter a water accident. Dolphin Cove Swim lessons will also teach your child the four competitive swim strokes along with two survival strokes and offer an in-house **competitive swim** team for those seeking a competitive experience.

Level 1- (Sign up for Level 1 if your child is a non floater.)

Skills to be learned include breath holding and release, submersion of the face, opening eyes underwater, bobs with bubbles and air exchange, independent front and back float and recover, front and back streamlined glide and recover. The advancement goals for this station are 10 relaxed bobs, front and back float, and must complete a five second glide and recover on both their back and front.

Level 2- (Sign up for Level 2 if your child can do a front float and back float independently.)

Skills to be learned include kick and recover, dolphin kick, side-glide-kick, and crawl armstroke. The advancement goals for this station include kicking on their front and back for 15 feet and crawl stroke for 20 feet.

Level 3- (Sign up for Level 3 if your child can do the crawl arm stroke on top of the water for 20 feet.)

Skills to be learned include crawl stroke with rotary breathing, backstroke, and treading water. The advancement goals include swimming freestyle 75 ft., backstroke for 30 ft., and tread water for 1 minute.

Level 4- (Evaluation is required for entry into Level 4.)

Skills to be learned include breaststroke kick, breaststroke swim, butterfly arms and swim, freestyle with bilateral breathing and turns. The advancement goals for this station are swimming freestyle for 100 yards using bilateral breathing, backstroke 25 yards, breaststroke 25 yards, and butterfly 30 feet.

Level 5- (Evaluation is required for entry into Level 5.)

Skills to be learned include sidestroke kick and swim, elementary backstroke, extended swimming and technique refinement in all major strokes. To reach the advancement goals, swimmer must be able to complete 300 yards freestyle, 100 yards backstroke, 50 yards elementary backstroke, 50 yards sidestroke, and 100 yards individual medley.

Infant Swimming Resource— Ages 6 months to 6 years

These classes are held at Twigs Kids Dolphin Cove Swim School and conducted by ISR instructors, therefore, contact an ISR instructor for price and times at www.infantswim.com. The Rollback-to-Float program teaches breath control, correct floating posture and the skills to attain a back float and remain floating for varied periods of time. The Swim-Float-Swim program begins with teaching breath control and the skills to turn around in the water to secure the edge. Children learn correct swimming posture, movement through the water, the rollback-to-float as well as rotating to a face down position to continue to swim. The "swim-float-swim" sequence can be repeated until safety is reached.

Level 1, 2 & 3 Classes

Ages 3 & Over

Tuesday	4:00-4:45pm
	4:50-5:35pm
	5:40-6:25pm
	6:30-7:15pm
Wednesday	7:20-8:05pm
	4:00-4:45pm
	4:50-5:35pm
	5:40-6:25pm
Thursday	6:30-7:15pm
	7:20-8:05pm
	4:00-4:45pm
	4:50-5:35pm
Saturday	5:40-6:25pm
	6:30-7:15pm
	7:20-8:05pm
	10:00-10:45am
	10:50-11:35am
	11:40-12:25pm
Session Fee: \$95.00 per Session 1x per week	
\$135.00 per Session 2x per week	

Level 4 & 5 Classes

Ages 5& Over

Monday	4:00-4:45pm
	4:50-5:35pm
	5:40-6:25pm
	6:30-7:15pm
Friday	7:20-8:05pm
	4:00-4:45pm
	4:50-5:35pm
	5:40-6:25pm
Saturday	6:30-7:15pm
	12:30-1:15pm
	1:20-2:05pm
Session Fee: \$135.00 per Session 2x per week	

Session Information.....866-8356

Session Fee includes: One eight week session. Students attending once a week will be \$95.00 per session, students attending twice a week will be \$135.00 per session. Session Fee must be paid by start of session to be enrolled. Current students will be given priority registration.

10% Multiple Child/Class Discount: only the most expensive tuition in your immediate family pays full price; all lesser tuitions receive a 10% discount.

2010 Session Dates

March 1-April 24
April 26-June 19
June 21-Aug. 21 (**Bonus 9 week session**)
Aug. 23-Oct. 16
Oct. 18-Dec.18 (No classes the week of Thanksgiving)

Web Site @ www.TwigsKids.Com