



300 Club Swim Class Descriptions



- Classes are designed for those 8 years and older and able to swim 25 yards (1 length of the pool) and tread water. Participants will be in deep water. Classes and camps are held in the afternoon from 1-5 pm, Monday – Friday. A minimum of 4 students are required for each class or camp. See registration form for dates and class distribution.
- Swimsuit, goggles, cap or hair band if long hair and towel are required. Sunglasses, sunscreen and a water bottle are highly recommended. A snack will be provided at some time during the afternoon for Swim Camp participants.

1. **Biathlon Training** – Improve technique and fitness levels in both running and swimming while having fun. A biathlon will be preformed on the last day.



2. **Flexibility and Resistance** - The class will include: flexibility measurements, stretching exercises specific for swimming, running, biking and tennis, and strength and resistance training in and out of the water. Medicine balls, stretch bands and water resistance apparatus will be used.

3. **Hula Hoop Basics** – Learn the basics and fitness benefits of hula hooping. Hoops will be provided for in-class use. Make and design a custom hoop to take home (optional \$10 extra fee).



4. **Games and Activities** -The class may include, Four Square, Sharks and Minnows., Croquet, Horse Shoes, Tennis Ball activities, Water Ball games, Jump Roping, and Crafts.

5. **Lifeguard Training Skills & Water Safety** - Develop confidence by learning aquatic lifesaving skills, safety, and emergency precedures in and around water while increasing fitness levels.



6. **Snorkeling Fundamentals** - Teaches the proper use of mask, fins and snorkel in a safe controlled pool setting while discovering the enjoyment of the underwater world.



7. **Stroke Improvement** - The class includes instruction in all four strokes: freestyle, backstroke, breaststroke and butterfly, as well as basic diving, open turns, flip turns and streamlining.

8. **Swimming Endurance & Challenges** - Students will set a goal by choosing a specific swim challenge which they will attempt on the last day of the class. The class will focus on fitness improvement in all four strokes and include instruction in pace clock usage, kick board and pull buoy training.



9. **Water Games** – Games may include Under Water Soccer, Water Ball and Ping-Pong ball and noodle races, Water Basketball, Water Badminton, and Water Jai alai.



10. **Water Polo & Water Volleyball Techniques** -Teaches the fundamentals of water volleyball and water polo.. Since water polo and water volleyball are a team sport, children (and adults) will learn the importance of working with others to achieve goals and success. They will also be able to play with all of their friends in serious or friendly competition.