

**RKSA SKILL LEVELS: GROUP LESSONS Lanes 1-5. Lanes 4 & 5 occasionally combined.**

The goal is to have families with different ability levels swim at the same lesson time. That may not happen initially, as families take what time slot is OPEN at the time, but part of our service is trying to get your swimmers together. Re-enrollment is designed to be simple with our Sports Engine/Team Unify software allowing for auto draft payments. Once swimmers are enrolled, families can renew their same time slot given the **day, time and lane** remain the same. If a swimmer *does not* renew by the stated deadline, that lesson time becomes available. Many families start in Baby n’ Me (now called Seals) and continue through the program with the goal of completing their #10 sticker.

Lane	Skills/Description	Advancement Goals
1	<p>Continue to work on breath holding so swimmers can front float for 10 seconds independently. Once they can front and back float, they advance to kicking and swimming.</p> <p><b>1A) Older Starters</b> - swimmers Age 7-12 who have the skill level of lane 1, however, we have an Older Starter (OS) class so they are placed age appropriately.</p>	<ul style="list-style-type: none"> <li>• Front Kick 25ft independently</li> <li>• Back Kick 25ft with minimal assistance</li> <li>• Follow directions so they are safe. Teachers are less <i>hands on</i> in Lane 2.</li> </ul>
2	<p>Swimmers front kick in a streamline position over 25 feet without stopping/breathing. They'll continue to improve their freestyle and, once back kick is perfected, then advance to backstroke.</p>	<ul style="list-style-type: none"> <li>• Front Kick 25ft independently</li> <li>• Back Kick 25ft independently</li> <li>• Freestyle 25ft independently</li> <li>• Backstroke 25ft independently</li> </ul>
3	<p>Instructed on freestyle side breathing, and backstroke. To advance to lane 4, swimmers must master side breathing and comfortably be able to swim 25 yards freestyle.</p>	<ul style="list-style-type: none"> <li>• Freestyle with side breathing with a minimum of 4 rhythmic breaths</li> <li>• Backstroke with proper technique</li> </ul>
4	<p>Continue to work on freestyle and backstroke in the deep area of the pool. Also, work on treading water, and breaststroke kick. Once they have breaststroke kick, they have an introduction to whole breaststroke.</p>	<ul style="list-style-type: none"> <li>• Strong freestyle with proper technique</li> <li>• Strong backstroke with proper technique</li> <li>• Breaststroke kick 50ft</li> <li>• Knowledge of <b>whole stroke</b> - breaststroke (arms, breath, kick)</li> </ul>
5	<p>Primarily focuses on breaststroke and butterfly. To finish the program (sticker #10) they must swim 300 yards freestyle. To secure their 8th sticker, they must swim whole breaststroke butterfly. At that point, they have mastered the four competitive strokes, so we move on to “safety strokes”.</p>	<p><b>After Sticker #10, you can stay in our program for a payment cycle to work on endurance; or join local swim team, or just swim for fun. Your choice.!</b></p>