



Rob Knight's Swim America (RKSA) offers a variety of aquatic programs following the nationally recognized teaching method of Swim America. Swim America's learn-to-swim program provides a results-oriented, proven system providing swimmers a skills certificate with gold stickers to reward and organize their plan for progression. RKSA has been using this system for 30 years teaching thousands of children to be safe swimmers in our community!

RKSA's Mission - Teach students of all ages how to swim and love the water! Our staff addresses the fear or reluctance of being fully submerged using gentle and proven techniques. We are committed to providing a warm, fun, and safe environment where students can learn to be stronger, more confident swimmers and reach their maximum potential. See our programming menu below. Page two offers a description of the how the swimmers over Age 3.5 are categorized in group lessons in Lanes 1-5.

RKSA PROGRAMMING

(see the website under 'Programs' for a full class description)

Little Seals I, II and Seals 3 *Age 22-42 months*

All new babies start in Seals I independent of their age. All swimmers must wear a plastic re-usable water diaper and be accompanied by a parent or adult. Classes are 35-40 minutes and priced as a group swim lesson. **Seals 3** is for 3-year old toddlers who have graduated through the program, comfortable being separated from their parents, are 100% potty-trained, and able to sit still (safety) for 40 minutes without parent.

Group Swim Lesson *Ages 3.5 to 11 years*

Swimmers are tested for proper lane placement. See page 2 for a description of the skills the swimmer will practice in lanes 1-5.

Swim test video for lane 1: <https://www.robknightswimamerica.com/swim-test.html>

Nervous Beginners Semi Privates *Ages 3.5 to 6.5 years*

Young swimmers who **are not** able to pass the swim test in order to enroll in Group Lessons. They have primarily been swimming in vests, *are not* comfortable being fully submerged, *and/or* have had limited exposure to the water. There is a waiting list for this program.

Older Starters *Ages 7 to 11 years*

These swimmers have the skills level of Lane 1, but this class allows them to swim in an age appropriate lesson. Once their skills align with the RKSA lanes and ability levels, they can advance out OS into our traditional group lessons format in Lane 2/3.

Swim Team Prep Ideal for swimmers who have finished sticker #8 on the Swim America chart (or equivalent) and are on a path for swim team competition. Swimmers must meet requirements, and will be grouped by age and ability. This class is a 1-hour, priced at a group lessons, and practices in 25-yards.

Adult Lessons *Ages 18+ years*

Our beginner class focuses initially on breath control; moving on to front and back float, and then progresses to swimming independently.

Private Lessons **Adults or Youth 7+** who require more individual assistance. Primarily scheduled in the summer due to staffing restraints.

W: robknightswimerica.com E: swim@rksa.comcastbiz.net



RKSA Ability Levels | Lanes 1-5

Swim America puts safety first and lessons are designed to teach all the skills your child needs to be safe in *and around* the water for a lifetime. Our swim school focuses on safety skills and the ability to swim a minimum of 300 yards of freestyle upon completion of the program. We test all swimmers for proper lane placement beginning at age 3.5. Small groups, warm water and a well-qualified staff define the foundation of our program. [Swim Test for Lane 1- https://www.robknightswimamerica.com/swim-test.html](https://www.robknightswimamerica.com/swim-test.html)

- The goal is to have families with different ability levels swim at the same time. Re-enrollment is designed to be simple. Once swimmers are enrolled, families can renew the same time slot given the programming **day, time and lane** remain the same. If a swimmer *does not* renew by the stated deadline, that time slot becomes available. Many families start in the Baby Seals and continue through the program with the goal of completely their #10 sticker. (see *the Swim America charts online under 'About.'*)
- Sometimes classes may be combined; particularly lanes 4 and 5. When possible, we like to offer two lane 1 classes at the same time as the ability levels for a beginner lane 1 *can be* much different than swimmers who have been in lane 1 for some time and swim independently.
- Lane 2 and Lane 3 can be combined *but only* when the ability levels are similar.
- As swimmers advance, they may need to change time slots *but only* in rare occasions. The teacher does *not* advance with the swimmer.

Lane	Skills/Description	Advancement Goals
1	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.	Front Kick 25ft independently Back Kick 25ft with minimal assistance Follows directions so they are safe in lane 2
2	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.	Front Kick 25ft independently Back Kick 25ft independently Freestyle 25ft independently Backstroke 25ft independently
3	Instructed on freestyle side breathing, and backstroke; introduction to breaststroke kick in advance of moving to lane 4. To advance to lane 4, swimmers must master side breathing and be comfortable on their back.	Freestyle with side breathing with a minimum of four good and rhythmic breaths Backstroke with proper technique Introduction to breaststroke kick
4	Continue to work on freestyle and backstroke in the deep area of the pool. Also, work on treading, and breaststroke kick. Once they have breaststroke kick, they have an introduction to whole breaststroke	Strong freestyle with proper technique Strong backstroke with proper technique Breaststroke kick 50ft Knowledge of whole stroke breaststroke
5	Primarily focus on breaststroke and butterfly, but in order 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".	Congratulations! After Sticker #10, you can stay in our program for a short time to work on endurance; advance to Swim Team Prep, join a local swim team, or just swim for fun!

