

CITY OF WALNUT

AQUATICS SWIM PROGRAM

LEVEL REQUIREMENTS

TINY TOTS

AGES 2 TO 4 YEARS

MAX 3 STUDENTS

An introductory class to help children adapt to the aquatics environment.

Skills learned include:

- Submerging face under water.
- Floating and playing aquatic games.

Class taught on shallow end steps.

1 - GUPPIES

AGES 5 TO 7 YEARS

MAX 6 STUDENTS

Class will introduce students to swimming skills. Students **MUST BE** comfortable in the water, willing to put face in water, and should be able to push away from the wall towards the instructor.

Skills learned include:

- Independently floating on front and back.
- Introduce freestyle and backstroke.

Class taught in the shallow end of the pool.

2 - EELS

AGES 5 YEARS & UP

MAX 6 STUDENTS

Class will provide fundamental skills and build upon basic aquatic skills learned from Guppies. Students **MUST BE** able to fully submerge face in water, as well as float and glide from the wall independently.

Skills learned include:

- Independently swimming front crawl and backstroke for distance.
- Build upon basic aquatic and safety skills from Guppies.

3 - MINNOWS

AGES 8 YEARS & UP

MAX 8 STUDENTS

Class will provide stroke readiness and work upon increasing student endurance. Students **MUST BE** able to swim at least 15 yards of front crawl and backstroke, float on front and back, and change directions while swimming.

Skills learned include:

- Side breathing on front crawl
- Backstroke
- Kneeling dives

Class taught in the deep end of the pool.

4 - DOLPHINS

AGES 9 YEARS & UP

MAX 10 STUDENTS

Class will provide stroke development and build confidence, competency and endurance in all strokes. Students **MUST BE** able to swim a full lap of 25 yards of front crawl with side breathing, backstroke and butterfly kick.

Skills learned include:

- Increase endurance for all strokes and treading water.
- Standing dives.

SHARKS SWIM TEAM

AGES 6 YEARS TO 17 YEARS

Sharks Swim team is designed for those interested in a competitive swim experience.

Those interested will need to be able to perform all four strokes for a minimum of 50 yards, without stopping, of freestyle, 25 yards of backstroke, butterfly, breast stroke.

There is a separate tryout for the Sharks Swim team.

All swim lessons are held at the

Walnut High School Pool
400 N. Pierre Rd.
Walnut, CA 91789

MORE INFO/REGISTER



WALNUT GYMNASIUM/TEEN CENTER
21003 LA PUENTE RD.



(909) 444-7959

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