



Summer Swim Lessons

Monday-Friday

June 5-June 16 | June 19-June 30 | July 10-July 21 | July 24-August 4



Cooper Kid's Club | \$110/session
Non-Cooper Member | \$130/session

To register for swim sessions please contact
Cara Bonney at cbonney@coopercraigranch.com

See back panel for level and class information

Beginner | 30-minute classes

Level 1 | Bubbles

9:00 am | 9:30 am

For nervous swimmers or very beginners. Lessons include: gradual underwater adaptation, breath holding and release, submersion of face/opening of eyes underwater, & blowing bubbles/bobbing with bubbles. Swimmers advance when they complete 10 bobs with air exchange.

Level 2 | Floats & Glides

9:00 am | 9:30 am

For swimmers comfortable holding their breath and air exchange. Lessons include: front float/front glide and recover & back float/back glide and recover. Swimmers advance when they complete a front and back glide for 5 sec. and recover.

Level 3 | Kicking

9:00 am | 9:30 am

For swimmers comfortable holding their breath and floating on their stomach and back. Lessons include: porpoising/dolphin kick & kicking skills with front and back glide. Swimmers advance when they can kick 15 ft. on their front and back.

Intermediate* | 30-minute classes

Level 4 | Crawl

9:00 am | 9:30 am | 10:00 am | 10:30 am

For swimmers who have mastered breath control, floating, gliding, kicking on front & back. Lessons include: rolling over from back to front/front to back, sculling, breathing position for freestyle, & crawl arm stroke. Swimmers advance by performing side kick for 20 ft. and crawl stroke for 20 ft.

Level 5 | Freestyle

10:00 am | 10:30 am

For swimmers who swim on top of the water but stop when taking a breath. Introduction to back crawl stroke & front crawl with side breathing. Swimmers advance by swimming front crawl with a minimum of 5 side breaths.

Level 6 | Backstroke

10:00 am | 10:30 am

For swimmers who have mastered freestyle with continuous side breathing for short distances. Introduction to jumping/diving, treading water, & endurance on freestyle. Swimmers advance when they can swim freestyle for 75 ft., backstroke for 30 ft., and tread water for 45 sec.

Advanced* | 45-minute classes

Level 7 | Breaststroke & Butterfly

11:00 am

For swimmers that can swim 75 ft. of freestyle and 30 ft. of backstroke. Introduction to breaststroke and butterfly, including proper kicking technique. Swimmers will advance when they can complete 50 yds. freestyle, 25 yds. backstroke, and kick breaststroke and dolphin kick for 20 ft.

Level 8 | Breaststroke, Butterfly, & Flip turns

11:00 am

For swimmers that can swim 50 yds. freestyle, 25 yds. backstroke, and kick breaststroke and dolphin kick for 20 ft. Introduction to freestyle with bilateral breathing & freestyle flip turns. Continue to learn and refine breaststroke and butterfly technique. Swimmers advance when they can swim 100 yds. freestyle using bilateral breathing, breaststroke for 25 yds. and butterfly for 20 ft.

Level 9 | Endurance

11:00 am

For swimmers who have mastered all skills in Levels 1-8. Extended swimming and technique refinements in all strokes. Should master 200 yards freestyle with bilateral breathing, 25 yards butterfly, 50 yards breaststroke, and freestyle flip turns.