

FLIPPER SWIM SCHOOL

Acrobatic Academy Fitness and Education Center

2111 N. Maize Rd

Wichita, KS 67212

316.721.2230

ABOUT

MISSION

Our goal is to create a safe and healthy environment for students enrolled in any class at our facility. Our programs will encourage a lifetime of safe swimming and enjoying water activity. Our instructors are chosen for their knowledge, teaching with patience, enthusiasm, kindness and ability to teach proper technique at all ages and levels.

POOL SPECIFICATIONS

Our pool has been especially designed to accommodate students of all ages from Parent/Child Aquatics through Learn to Swim Level 4. The pool measures 22x44'. It is 3' at each end, sloping to a depth of 5' in the middle. The pool has four sets of 6' wide stairs. The water is kept at a comfortable 84 degrees.

CLASS SESSIONS

Morning lessons are taught in two-week sessions, Monday-Thursday
Evening lessons are taught in four-week sessions, Tuesday & Thursday
Parent-Child, Preschool and Learn to Swim 1 & 2 consist of eight 30-minute lessons
Learn to Swim 3 & 4 consist of eight 45-minute lessons

PRICING

New student registration: \$20.00 per student
Parent-Child, Preschool and Learn to Swim 1 & 2: \$60.00 per session
Learn to Swim 3 & 4: \$80.00 per session

CLASS MAKE-UP POLICY

Make up lessons will be offered due to inclement weather only. The first missed class of the session due to poor weather conditions will be made up inside the AAI building with a safety video. The second missed class of the session will be made up on the Friday of at the same time.

LEVELS

PARENT AND CHILD AQUATICS-LEVEL 1

To lay basic foundation for learning to swim in a safe & nurturing environment. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills.

Getting comfortable in water with teacher/pool/class
Entry & Exit
Water Exploration
Blowing Bubbles with Mouth and Nose
Front and Back Float
Front and Back Glide
Submerging Mouth, Nose, Eye
Rolling Over
Passing from Parent to Instructor
Leg Action on Front and Back
Personal safety skills- (wearing life jackets, sun safety, basic water safety rules)
Games and songs

PARENT AND CHILD AQUATICS-LEVEL 2

To build on the basic foundation for learning to swim in a safe & nurturing environment.

Entry & Exit
Exploring the Shallow End
Opening Eyes to Retrieve Objects Below Surface
Bobbing
Front and Back Float
Front and Back Glide
Rolling Over
Leg Action on Front and Back
Arm Action on Front and Back
Combined Arm and Leg Action
Passing from Parent to Instructor
Personal safety skills- (wearing life jackets, reaching assists, safety at the beach and waterpark, basic water safety rules)

PRESCHOOL AQUATICS-LEVEL 1

Children start developing good attitudes and safe practices around the water. Students will continue to build on elementary aquatic skills as they progress through the Preschool Aquatics levels.

Enter and Exit Water Safely
Submerge Mouth, Nose, and Eyes
Blowing Bubbles through Mouth and Nose
Front and Back Float
Front and Back Glide
Rolling Over
Treading Water
Recovery
Alternating Leg and Arm Action on Front and Back
Simultaneous Leg and Arm Action on Front and Back
Combined Arm and Leg Actions on Front and Back
Safety Skills- (Staying safe around pool, recognizing lifeguards and emergency, wearing life jackets)

PRESCHOOL AQUATICS-LEVEL 2

Students will build on the basic aquatic skills learned in PA level 1 and give children further success with fundamental aquatic skills to a more advanced degree. This level marks the beginning independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes. PA level 2 adds self-help and basic rescue skills.

Entry & Exit
Bobbing
Front and Back Float
Front and Back Glide
Recovery
Rolling Over
Treading Water-5 seconds
Finning Arm Action
Combined Arm and Leg Actions on Front and Back
Safety Skills- (Wearing life jackets, recognizing lifeguards and emergency, calling for help, sun protection)

PRESCHOOL AQUATICS-LEVEL 3

Students will build on the basic aquatic skills learned in PA level 2 by providing additional guided practice with fundamental aquatic skills to become proficient in achieving greater distances and times. Skills will be performed independently. Students will improve coordination of combined simultaneous arm and leg actions and alternating arm and leg actions. Safety skills are reinforced.

Entry & Exit
Bobbing
Front and Back Float
Tuck Float
Jellyfish Float
Front and Back Glide
Recovery
Fully Submerging and Holding Breath
Changing Directions
Treading Water-15 seconds
Finning Arm Action
Combined Arm and Leg Actions on Front and Back
Safety Skills-(Staying safe around pool, recognizing lifeguards and emergency, wearing life jackets, reach and assist)

LEARN-TO-SWIM-LEVEL 1

Students will learn basic personal water safety information and skill, to help them feel comfortable in the water and enjoy water safely. Elementary aquatic skills will be learned. At this level participants start developing positive attitudes, good swimming habits, and safe practices in the water.

Entry & Exit
Blowing Bubbles Using Mouth and Nose
Bobbing
Treading Water Using Arm and Hand Actions
Alternating Arm and Leg Actions on Front and Back
Simultaneous Arm and Leg Actions on Front and Back
Combined Arm and Leg Actions on Front and Back
Safety Skills-(Staying safe around pool, recognizing lifeguards and emergency, wearing life jackets, reach and assist)

LEARN-TO-SWIM-LEVEL 2

Students will learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Additionally, students will develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. Improved comprehensive knowledge of safety skills will be reinforced.

Entry & Exit
Bobbing
Front and Back Float
Jellyfish Float
Tuck Float
Front and Back Glide
Recovery
Rolling Over
Treading Water-15 seconds
Finning Arm Action
Change Direction While Swimming
Combined arm and leg actions on Front and Back
Safety Skills-(Staying safe around pool, recognizing lifeguards and emergency, wearing life jackets, reach and assist)

LEARN-TO-SWIM-LEVEL 3

Guided practice is used to teach students how to survival float, swim the front crawl, and elementary backstroke. Scissor and dolphin kick are introduced and treading water is reinforced. As in all levels, additional safety skills are performed.

Headfirst Entry from Side in a Sitting Position
Headfirst Entry from a Kneeling Position
Bobbing to Safety
Rotary Breathing
Survival Float on Front-30 seconds
Recovery in Deep Water
Treading Water in Deep Water-30 seconds
Back Float in Deep Water
Streamlined Position on Front into Flutter and Dolphin Kick
Front Crawl-15 yards
Elementary Backstroke-15 yards
Scissors Kick-10 yards

LEARN-TO-SWIM-LEVEL 4

Students will develop their confidence in the strokes learned thus far and will improve other aquatic skills. Children will improve their skills and increase their endurance by swimming front crawl and elementary backstroke for greater distances. Students will add arms to the scissors kick for the sidestroke. Participants start to learn the back crawl, breaststroke, butterfly, and turning at the wall.

Headfirst Entry from the Side in a Compact Position
Headfirst Entry from the Side in a Stride Position
Swimming Under Water
Survival Swimming-30 seconds
Front Crawl Open Turn
Backstroke Open Turn
Treading Water Using 2 Kicks
Front Crawl-25 yards
Breaststroke-15 yards
Butterfly-15 yards
Streamline Position on Back
Elementary Backstroke-25 yards
Back Crawl-15 yards
Sidestroke-15 yards
Safety Skills-(Staying safe around pool, recognizing lifeguards and emergency, wearing life jackets, reach and assist, throw and assist, HELP and Huddle position)