

# FLIPPER SWIM SCHOOL

Acrobatic Academy Fitness and Education Center

2111 N. Maize Rd

Wichita, KS 67212

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## 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

Registration is \$15.00 if enrolled by April 30th, or \$20.00 after  
Parent-Child, Preschool and Learn to Swim 1 & 2 is \$60.00 per session  
Learn to Swim 3 & 4 is \$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 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 class is held.

## 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)