Bubbles to Butterfly Swim School

Summer 2021 Season Level Description

All Level Parent/Tot 4mo-3yr

Parent accompanies the child in class.

- Skills include holding positions, balance & water adjustment, blowing bubbles, breath control, underwater exploration & play. Pool safety, jumping, back floating, kicking and rolling from back to front are also worked on with continuation of independent swim skills for more advanced students.
- 30 minute weekly class
- Class ratio 1:6

Intro to Bubbles 3yr-5yr

Required class for new swimmers ages 3-5

- This class is for students who are new to our program. Students will learn water adjustment and may be able to swim a short distance underwater with assistance. Skills include balance, floating, water safety, jumping in and returning to the side of the pool. Beginner swim skills, as well as underwater swimming are also covered.
- 30 minute weekly class
- Class ratio 1:4

Bubbles Beginner 2.4yr-4yr

For students who have completed our Parent/Tot program

- This class is for students who have completed the Parent/Tot class at Bubbles to Butterfly.
- Students will learn water adjustment and may be able to swim a short distance underwater with assistance. Skills include balance, floating, water safety, jumping in and returning to the side of the pool. Beginner swim skills, as well as underwater swimming are also covered.
- 30 minute weekly class
- Class ratio 1:4

Bubbles Advanced 3yr-5yr

Instructor recommendation only

- This class is for independent swimmers who can float on their back unassisted or are able to get a breath and continue swimming independently. Skills include rolling from front to back for a breath, jumping in and returning to the side of the pool unassisted, front crawl stroke arms, kicking on back, recovering objects from the bottom and diving skills.
- 30 minute weekly class
- Class ratio 1:4

Butterfly Beginner 6yr-8yr

Starting level for students in this age group

- This class is for students not yet comfortable under water and/or first timers coming into our program OR for students who can swim a short distance independently. Students will learn water adjustment, balance and body position as well as beginner swim strokes such as gliding, front crawl and floating. They will learn personal water safety.
- 30 minute weekly class
- Class ratio 1:4

Butterfly Advanced 6-8yr

Instructor recommendation only

- This class is for independent swimmers who are proficient with rotary breathing and front crawl. Students will continue to work on strokes such as backstroke, breaststroke and butterfly. Other skills include standing dives, elementary backstroke, treading water, endurance swimming, sinker toys as well as water safety.
- 30 minute weekly class
- Class ratio 1:4

Monarch Beginner 9yr-12yr

Starting level for students in this age group

- This class is for students not yet comfortable under water and/or first timers coming into our program OR for students who can swim a short distance independently. Students will learn water adjustment, balance and body position as well as beginner swim strokes such as gliding, front crawl and floating. They will learn personal water safety.
- 30 minute weekly class
- Class ratio 1:4

Monarch Advanced 9yr-12yr

Instructor recommendation only

- This class is for independent swimmers who are proficient with rotary breathing and front crawl. Students will continue to work on strokes such as backstroke, breaststroke and butterfly. Other skills include standing dives, elementary backstroke, treading water, endurance swimming, sinker toys as well as water safety.
- 30 minute weekly class
- Class ratio 1:4

Private 2.4yr-12yr

- This class is appropriate for a student to further work on specific skills in the water or participate in a one-on-one instruction class. Students of any age, level and ability can register for this class.
- 20 minute class
- Class ratio 1:1
- A La Carte classes offered:
    - Mornings: Monday - Thursday 8:20/9:20am - 12:00pm
    - Afternoons: Monday - Thursday 3:00pm - 6:00/7:00pm
- Weekly classes offered:
    - Friday 9:00am - 12:00pm
    - Sunday 9:00am - 12:00 pm (6 week session from 7/11/21 - 8/15/21)

Sibling Semi-Private 6mo-12yr

- This class is offered for only *siblings* who would like to swim in the same class together. It is appropriate for students of any age and skill level to register for this class.
- If your child does not meet the age requirement for this class please contact the office via e-mail (info@bubblestobutterfly.com) or phone (860-822-6879)
- 20 minute class
- Class ratio 1:2
- A La Carte classes offered:
    - Mornings: Monday - Thursday 8:20/9:20am - 12:00pm
    - Afternoons: Monday - Thursday 3:00pm - 6:00/7:00pm
- Weekly classes offered:
    - Friday 9:00am - 12:00pm
    - Sunday 9:00am - 12:00 pm (6 week session from 7/11/21 - 8/15/21)

Stroke Club 9yr-16yr

Instructor recommended class

- Butterfly III or Monarch must be completed prior to this class. As well as a foundation in all four strokes; freestyle, backstroke, breaststroke, and butterfly. Stroke Club great introduction & overview of swim team skills. This class focuses on the 4 competitive strokes, starts and turns. Improving endurance and stroke technique will be practiced.
- 45 minute weekly class
- Class ratio 1:4
- Offered:
    - Monday 6:30pm - 7:15pm
    - Thursday 6:30pm - 7:15pm
    - Wednesday 12:15pm - 1:00pm

Instructor Aid 11yr-16yr

Swim School recommended class

- Learn what it takes to become a swim instructor. Improve your stroke technique, learn basic lifesaving skills with components from the Guard Start program, pool procedures, communication skills and working with various age groups.
- 60 minute weekly class
- Class ratio 1:4
- <u>Offered:</u>
    - Wednesday 11:00am - 12:00pm

H2O Fitness

Per registration required

- Tuesday 7:30-8:15am
- $40 per month
- Taught by Miss Allie, a certified water aerobic instructor.

Family Swim

Registration required

- This program is available for children 4-months through adults
- $20 per family
- Families will have their own station in the pool. The stations are divided by lane lines in the pool (Max of 5 families)
- A certified Lifeguard will be guarding the pool
- Families are able to use the pool toys/equipment available at your station
- <u>Offered:</u>
    - Tuesday, Thursday, & Friday 12:15pm-1:00pm