

SWIMMING LESSONS DESCRIPTION

All swimming lessons include instruction in the following water safety concepts:

Stroke Development

- Techniques and methods for freestyle
- Techniques and methods for breaststroke
- Techniques and methods for elementary backstroke
- Techniques and methods for backstroke
- Techniques and methods for sidestroke

Safety

- Fitting for and wearing life jackets
- How to stay safe in different types of watercraft
- Front floating, back floating, HELP and HUDDLE positions
- Home and backyard pool safety
- Reaching, throwing assists
- Survival floating

Breathing

- Techniques and methods for rhythmic breathing
- Techniques and methods for rotary breathing

Diving

- Feet first and head first dives
- Jumping off elevated platforms
- Shallow and deep dives

I do individual private lessons (1-on-1) and semi-private lessons (2 people). I can do private group lessons, but the limit for this is 4 people.

Lesson Regulations

1. In the event of bad weather, we can reschedule lessons.
2. If I, as the teacher, have to cancel a lesson, we will reschedule the lesson.
3. If you have to cancel a lesson, it can not be rescheduled.