



8 WEEK SWIM CAMP PROGRAMMING

Kids Need to Swim to develop water safety and confidence skills. This two-part experience offers children and parents alike an opportunity to explore the joys of swimming at Level 28's pool. With a breathtaking 180 view of the city, young swimmers get the chance to build a strong relationship with the water. Whether teamed with their parents or swimming solo, these lessons aim to elevate any swimmer from fearful to fearless in just a matter of weeks!

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Programming for Parent & Tadpole (2-4 y/o):

Week 1 | April 3rd

Introductions to water safety, floating comfortability, and body mechanics

Week 2 | April 10th

Reinforcement of week 1 and introduction to bubble-blowing techniques and kicking mechanics

Week 3 | April 17th

Reinforcement of week 2 and introduction to head submersion

Week 4 | April 24th

Reinforcement of week 3 and introduction to hand-assisted back floating & mechanics

Week 5 | May 1st

Reinforcement and evaluation of water comfortability, body mechanics, and hand-assisted back floating

Week 6 | May 8th

Reinforcement of week 5 and introduction to advanced bubble blowing techniques

Week 7 | May 15th

Reinforcement of week 6 and introduction to back floating to tummy flipping

Week 8 | May 2nd

Reinforcement of water safety and evaluation of techniques learned

Programming for Beginners Exploration (5-8y/o):

Week 1 | April 3rd

Introductions to water safety, assisted kicking mechanics, bubble blowing techniques, assisted back floating & mechanics, water medium & pool awareness

Week 2 | April 10th

Reinforcement of week 1 and introduction to head submersion

Week 3 | April 17th

Reinforcement of week 2 and introduction to unassisted back floating & mechanics

Week 4 | April 24th

Reinforcement of week 3 and introduction to advanced bubble blowing techniques

Week 5 | May 1st

Reinforcement of week 4 and introduction to unassisted kicking mechanics

Week 6 | May 8th

Reinforcement of week 5 and introduction to back floating to tummy flipping

Week 7 | May 15th

Reinforcement of week 6 and introduction to diving underwater

Week 8 | May 2nd

Reinforcement and evaluation of water safety and body mechanics skills