

Neptune Aquatic Center



Swim Lesson Descriptions

There is something for everyone in the Neptune Aquatic Center course offerings. Multi-levels of instruction are designed to help swimmers of all ages develop and refine their skills. The American Red Cross Water Safety Instructors teach a variety of strokes including front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Children and adults are invited to join us in programs that provide students with a fun and exciting learning environment. All classes are designed to help students learn to swim or to improve swimming skills with new strokes, stroke refinements, diving safety tips and more. Instruction in swimming is complimented by games to provide a positive experience in the water.

COURSE DESCRIPTIONS:

Group Swim Lessons: Under the instruction of an American Red Cross Water Safety Instructor, students and adults will learn a variety of strokes including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly in a small group setting defined by the needs of the group. All classes are designed to help students learn to swim or improve their current skills with new strokes, stroke refinement, diving safety tips and techniques as well as much, much more. The course will run one day a week for 45 minutes for five weeks.

- ***Beginner Swim Lessons:*** Students will learn to safely enter water, blow bubbles, learn to float on back and front, begin alternate arm movements for front and back crawl, tread water, and begin forward motion in a front and back glide.
- ***Intermediate Swim Lessons:*** Students will understand all fundamentals from Beginner level. Intermediate swimmers will work on alternate breath and arm action, front and back crawl, breaststroke, swim under water, open turns in front and back crawl, and basic diving safety.

Pre-Competitive Swim Training: This program helps to prepare youth and young adults to enter the competitive swimming scene. These classes focus on developing the four competitive strokes as well as starts and turns. Working in a group setting, the instructional coaching staff will work with each swimmer to teach them how to swim faster and compete more successfully. This course will run one day a week for 60 minutes for five weeks. ***Pre-requisite:*** Swim a minimum of 50 yards of each: front crawl, back stroke and breaststroke as well as understand the basics for butterfly.

All NAC Aerobics Courses: Water exercise has an almost non-existent injury rate, making it one of the safest, most effective forms of cardiovascular training. Water provides 12 times the resistance of air, resulting in effective toning of the legs and arms. Swimming skills are not necessary. These 45-minute classes consist of a warm-up, aerobic workouts, overall toning and cool down. The course will run one day a week for 45 minutes for five weeks.