

WELCOME!

Blue Fin Swim Club's (BFSC) an affiliate of Southwestern Aquatics Team – SWAT.

Our objective is to teach children the basic water safety skills and technique development. Our goal is to build strong swimmers and to grow the sport of swimming by offering a quality program to our swimmers. Blue Fin offers fun water safety environment, progressive training program and advance stroke development.

BLUE FIN offers a progressive multi-level program to meet the individual ability and commitment levels for our swimmers. All swimmers focus on developing survival skill, water safety and stroke mechanics habits and improving confidence in the water.

Swimming Lesson

Level 1 - Introduction to Water Skills

Emphasize on comfort in the water, students will learn water safety and skills performed with the help of an instructor. Skills include submerging face in the water, learn the breathing cycle (blowing bubbles), bobbing, front and back floats with help of instructor.

Level 2 – Advance Water Skills – Awareness of body position

Mastered level 1, students will learn streamline front & back, Streamline kicking (front & back), Rollovers, underwater swimming.

Level 3 – Free Style (Front Crawl)

Mastered level 1 & 2, students will learn Breathing cycle (every three strokes), arm movement, correct rotations, catch-up drill.

Level 4 – Back Stroke and introduction of breath stroke

Mastered level 1, 2 & 3, students will learn side kicking, arm movement, correct rotations, correct body position.

Blue Fin coaches are dedicated experience individuals that build fitness, technique and character among the team. Our coaches are professionally trained as USA Swimming certified; Red Cross (WSI) first aid and safety CPR certified; and members of the American Swimming Coaches Association with combined 25 years of experience.

Lesson Schedule

Session 1 – 3 weeks June 10 –Jun3 27 \$180

Session 2 2 weeks July 8 --- July 18 \$120

Session 3 2 weeks July 22 –August 1 \$120

All sessions: 4 classes per week — Mon, Tue, Wed & Thurs 30 min per class

1. Parents needs to acknowledge **both the Swimmer agreement and Policies & Procedures**
2. If one family has two (2) swimmers, they may indicate both students' names on one agreement and policies & procedures.
3. Please separate students by age group (3,4,5,6) (7,8,9,10) (11 & 12) (13 & up) onto roster group sheet. We will conduct ability assessment on 1st day of lesson.
4. Students must have goggle, swim cap (**prevent ear infection & usually more attentive to lesson**), swim suit and a large towel ready before lessons begins. Parents may visit Lane Four Swim Shop at www.lane4swim.com and mention that they are with SWAT and will received member discount for their swim gears & suits.
5. Please have parent make check payable to Blue Fin Swim Club for Swim Lesson an affiliate of Southwestern Aquatics Team – SWAT.