



SWIMMING CLASSES

at

LAKES OF THE MEADOWS

University Sports Program swimming staff is Red Cross Certified (Water Safety Instructor, Lifeguard and CPR) with extended experience in teaching infants, children and adults.



PRIVATE AND SEMI-PRIVATE LESSONS

Parent & Tot: Ages 1 – 3. Focuses on water adjustment skills, floating, breath control, movement of arms and legs.

Ages 3 and up:

Level 1: **Water Exploration.** Orients to aquatic environment, create a sound foundation for aquatic and safety skills.

Level 2: **Primary Skills.** Expand on Fundamental aquatic locomotion and safety skills.

Level 3: **Stroke Readiness.** Increase swimming skill competency and practice safety.

Level 4: **Stroke Development.** Develop confidence and competency in strokes and safety skills beyond preceding levels; introduce breaststroke and sidestroke.

Level 5: **Stroke Refinement.** Continue stroke refinement; introduce butterfly, surface dives and springboard diving.

Level 6: **Stroke Proficiency.** Develop maximum efficiency and endurance for strokes; introduce flip turns.

Level 7: **Advanced Skills.** Encourage lifetime fitness; refine strokes learned in previous levels; develop springboard diving skills; learn advanced rescue skills.



SCHEDULE AND COSTS

Private Classes (1 on 1): 5 lessons (30 minutes each): \$ 125

Semi-Private (5 lessons): 2 students: \$ 75 each / 3 students: \$ 55 each

For more Information and Reservation:

Phone: (305) 554-1124 or (786) 234-6478 E-mail: usp@universitiesports.com