



SPEED WEEKS

What to Expect Week 1

AquaTot 1

In this level we will teach:

- floating
- kicking
- scooping water
- what to do if your child were to fall into a pool (i.e. getting back to the wall and out of the pool or locate the nearest ladder for assistance)

By the end of the week your child will:

- successfully float independently for a minimum of 10 seconds
- swim a total of 5 feet independently

AquaTot 2



In this level we will teach:

- proper freestyle swim technique
- how to swim with efficient use of arms and legs, how to breathe while swimming in order to swim longer distances more independently & efficiently

By the end of the week your child will:

- swim a minimum of 6-7 feet with no stops and take at least one breath without needing to touch the ground

AquaKids 1



At this level, your child will begin to:

- learn how to float independently and swim a minimum of 5-6 feet
- kick feet, scoop arms, put face in water and hold breath

By the end of the week, we expect your child to:

- independently back float, stomach float with face in the water >10 seconds
- kick halfway across pool with coach
- show improved arm usage allowing them to swim 5-6 feet with little/no help from coach

AquaKids 2

In this level, we will begin teaching your child:

- proper freestyle technique
- how to swim independently with efficient use of arms and legs, how to breathe while swimming to allow longer swim distances

*Expectation of longer float times and swim distances than in AquaTot 2 class

*NOTE: It is important to manage expectations during Speed Weeks. Consistency is key to skill retention. Each child's swim journey is different and each learns at a different pace. Coaches are able to cater swim curriculum to individual needs to help each child be successful in their own swim journey. In order to get the most out of the Speed Week experience it is beneficial for children to have subsequent lessons through another Speed Week or through weekly lessons. This facilitates the retention of knowledge gained during speed weeks.