



# INSTINCT SWIMMING

## Instinct Swim Lesson Program Curriculum

### Who We Are

We are a competitive USA club swim team based out of the North Shore. We strive to give our athletes an experience that will help them grow as swimmers and individuals.

Our new swim lesson program is designed to prepare students to join a competitive swim team.

### Why Choose Us

#### We push our swimmers out of their comfort zone

We are committed to helping our swimmers become comfortable outside of their comfort zone to promote an environment of growth.

#### USA Certified and Experienced Coaches

Our coaches have the experience and knowledge needed to get our swimmers to an advanced level.

#### Fast is Fun!

We promote a fun and competitive environment with our swimmers. We help teach them that you can have fun while working hard.

### Learning objectives for each level:

#### Level 1

- Limited swim lesson experience
- No knowledge of any of the 4 strokes
- Will learn to swim on front and back for 15 yards without assistance

#### Level 2

- Will be able to swim 25 yards on front and back without assistance
- Will be able to do streamline underwater off the wall on front and back

#### Level 3

- Will be able to swim freestyle 50 yards
- Will be able to swim backstroke 25 yards
- Will be able to swim breaststroke 15 yards
- Will be able to swim butterfly 15 yards
- Will be able to do a front flip in the water unassisted

#### Level 4

- Will be able to swim freestyle and backstroke 50 yards
- Will be able to swim breaststroke and butterfly 25 yards legally
- Will be able to do flip turns on front
- Will be able to do an assisted dive

#### Level 5

- All four strokes will be legal for 50 yards
- Flip turns on front and back
- Will be able to do a racing dive off the block

### Contact Us



978-968-5999



[www.instinctswimming.com](http://www.instinctswimming.com)