

Richardson Swim School

Class Descriptions

Students are guaranteed 8 classes. Cost is \$50 for residents, \$52 for nonresidents. All classes are taught by City of Richardson Swim Instructors. Most classes are broken down into two age groups to accommodate the swimmers and instructors. Please check the online registration to ensure your child falls into the specific age range for each class. www.cor.net/parksonline

Parent/Child Aquatics

Tadpoles

Age: 6 months- 18months

Class size: 10

The main focus the Tadpoles class is on water introduction and adjustment. Parents will learn how to safely support and hold their swimmer while learning to enjoy the water. Songs and games will be used to build a sense of comfort while having fun! Prerequisite: Infants must be at least 6 months on the first day of class. A parent/guardian must accompany the infant into the water. Infants must wear tight fitting bathing suit over the swim diaper.

Minnows

Age: 18 months- 36 months

Class size: 10

The main focus of the Minnow's class is to build on swimming readiness by emphasizing fun in the water. Parents and toddlers will be lead in songs and games as toddlers learn basic swimming movements and skills that will be expanded upon once he/she enters the next levels of swim. Prerequisite: Toddlers must be at least 18 months on the first day of class. A parent/guardian must accompany the toddler into the water. Toddlers not fully toilet trained must wear tight fitting bathing suit over the swim diaper.

Preschool Aquatics

Starfish

Age: 3-6

Class size: 4

The Starfish class is the beginning of the child's on-their-own experience in the water and is the first class without the parent in the water. Swimmers will learn basic swimming readiness such as bubble blowing, floating on front and back with assistance and underwater exploration. Prerequisite: Swimmers entering this class must be at least 3 years old on the first day of class. Parental supervision within the same pool area is required during all lessons.

Rainbowfish

Age: 3-6

Class size: 4

The Rainbowfish class will continue to develop the swimming readiness skills of airway control and floating and introduce gliding and supported kicks and arm movements. Swimmers will also continue to build on basic aquatic skills and safety. Prerequisite: Swimmers entering this level should be willing to put their face in the water and/or fully submerge their head with minimal assistance. They should also be willing to float on their back with ears in the water with support. Parental supervision within the same pool area is required during all lessons.

Seahorses

Ages: 3-6, 7-10

Class size: 6

The Seahorse class begins the independent use of the swim skills developed in previous classes. Swimmers will build confidence and learn basic skills and water safety. Swimmers will continue to build on aquatic skills such as assisted floating and entering and exiting the water in a safe manner. Prerequisite: Swimmers entering this level should be comfortable putting their face in the water and fully submerging without assistance. They should be able to float with assistance on their front with their face in the water and on their back with their ears in the water and should be ready to attempt these skills without assistance.

Sunfish

Ages: 4-6, 7-10

Class size: 6

Topics covered at the Sunfish level include: airway control, floating with support on front and back, underwater exploration, kicking with support, entering and exiting the water safely and changing body positions in the water. Prerequisite: Swimmers entering this level should be able to use the skills taught in previous levels and seek continued improvement for floating without assistance and should be comfortable submerging their face into the water.

Stingrays

Ages: 5-8, 8-11

Class size: 6

Swimmers will continue to build off of skills taught previously while developing simultaneous arm movement and alternating arm and leg movement. Swimmers will work on unassisted floating and treading water. Prerequisite: Swimmers entering this level should be comfortable swimming independently in deep water, be able to swim at least 10 yards on their front with breathing, at least 10 yards on their back with Backstroke and Elementary Backstroke and be able to tread water for 15-20 seconds.

Whales

Ages: 6-8, 8-11, 11+

Class size: 6

Skill development is increased in the Whales class as breaststroke, sidestroke, butterfly kicks, and elementary backstroke are introduced. Swimmers will practice rotational breathing with the front crawl for greater lengths of time. Prerequisite: Swimmers entering this level should be comfortable under the water, be able to float on their front and back without support for 10-15 seconds, be able to swim 5-10 yards on their front and back and be ready to begin attempting skills in deep water. Swimmers should be able to tread water for 1 minute.

Sharks

Ages: 8-11, 11+

Class size: 6

In this course swimmers will have the opportunity to refine their Front Crawl, Backstroke, and Elementary Backstroke while improving skills in swimming underwater, treading water, Breast Stroke, Sidestroke and Butterfly. Swimmer will also learn open turns and standing dives. Prerequisite: Swimmers entering this level should be able to swim 25 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 15-25 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 2 minutes.

Dolphins

Age: 8+

Class size: 8

Swimmers must have completed the previous level to take this course. The goal is to swim greater distances with ease and efficiency. This class is designed to prepare students for an upper level of swimmer, such as lifeguarding, water safety instruction, or competitive swimming.

Adult

16+

Class size: 8

This course is open to anyone 16 and up who wants to learn to swim or improve swimming strokes and or learn new skills. The instructor will work with each participant on individual needs to meet the goals of each student. The adult participating may be a beginner, intermediate, or advanced swimmer. All levels are welcome.

Private Lessons

40 minute private lessons for one week, Monday - Friday. Any level swimmer, but student must be a minimum age of 5 years old. The Swim Instructor will work one-on-one with student. Four lessons guaranteed!