



Contact Si View Pool staff with questions:  
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## **Adult Program Guidelines**

***We offer group lessons for ages 15 + and adults who already have comfort in the water. Lessons are scheduled when there is no other programming in the pool.***

### **Beginner**

**SKILLS TAUGHT:** Air exchange, submerging whole head with air exchange; front & back glide - assisted and unassisted; introduction to rolling over; kicking on front and back - with support and without support; jump into deep end unassisted. Introduction to crawl stroke arms & back stroke arms; introduction to crawl stroke w/ rolling & breathing; introduction to elementary back stroke arms; water safety - treading water, life-jackets and floating on back in deep water.

### **Intermediate/Advanced**

**SKILLS TAUGHT:** Building on skills learned in Adult beginner; crawl stroke with side breathing; refining backstroke; refining elementary back stroke; introduction to elementary back stroke legs and arm & leg coordination; breaststroke, sidestroke and (butterfly). Diving - surface dives and diving from side.