



# Come Learn To Swim

We've modified our swim program to offer more levels of training and accomplishments! We have lessons available for ages nine months through adult. Stop by as soon as possible to ensure your spot!

We have private lessons to fit most any busy schedule. The private lessons are one on one with the instructor for thirty minutes, scheduled at your convenience. The cost is \$25 each.

## Sand Dollars

- face in water
- attempt to swim without floats
- jump in pool
- use arms
- back float with assistance

## Seahorses

- swim 10 feet without help
- face in water while kicking
- jump in deep end with help
- back float 10 seconds
- touch bottom of pool (3 ft)

## Angelfish

- swim 20 feet without help
- face in water while swimming
- freestyle
- kick on back for 10 feet

## Otters

- kick on back 20 feet
- kneeling dive
- swim underwater 3 feet deep
- whip kick
- tread water 1 minute
- breaststroke

## Flounders

- swim 80 feet unassisted
- standing dive
- swim with face in water for 15 feet
- backstroke
- tread water 3 minutes

## Sea Lions

- freestyle with rotary breathing
- spring dive
- racing backstroke start
- swim underwater 20 feet
- tread water 5 minutes
- swim 120 feet without stopping

Student's Name \_\_\_\_\_

Name of Guardian \_\_\_\_\_

Address \_\_\_\_\_

Home Phone # \_\_\_\_\_ daytime. # \_\_\_\_\_

Group \_\_\_\_\_ Private \_\_\_\_\_ Student's Age \_\_\_\_\_

Guardian Signature \_\_\_\_\_ date: \_\_\_\_\_

**Adventure Sports II Inc**  
**1546 East Ann St**  
**Montgomery AL 36107**  
**Tel: (334)-269-3483**

