

SEATURTLES

(ages 3-5 years or 6-12 years) 30-minute class, two days per week

This course focuses on integrated movement. This is the beginning stages of learning front crawl/freestyle with rhythmic breathing. Students will reinforce body position in side glides while adding over arm pulls. Survival floats, safe head first dives from the deck and vertical head-first surface dives will also be learned.

Prerequisite: Tread water for 15 seconds, Jump into deep water, swim on front for 10 feet, perform swim, roll, swim technique, and perform side glide.

STARFISH STROKE SCHOOL:

Students will refine their strokes and start preparing to join the swim team while building endurance in the four competitive strokes. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Swimmers must complete water safety and swim skill benchmarks to advance.

STINGRAY

(ages 5-12 years) 45-minute class, two days per week

Students will progress from the Swim School Curriculum to the Stroke School Curriculum. At this point, students will begin refining their swim strokes and build endurance as they become strong, confident swimmers. Course focuses on the development of freestyle and backstroke and introduction to butterfly.

Prerequisite: Tread water and perform survival float for 30 seconds each and swim freestyle for 10 yards with 1-2-3 breath pattern. Completed all three levels of swim school.

SEAHORSE

(ages 5-12 years) 45-minute class, two days per week

Course focuses on the fundamental techniques of butterfly and breast stroke. Proper breathing technique, arm movements and two new kicks will be introduced.

Prerequisite: Swim freestyle and backstroke for 25 yards

BARRACUDAS

(ages 5-12 years) 45-minute class, two days per week

This course focuses on building strength and endurance. Reaching this level means that the student is proficient in free-style, backstroke, breaststroke and butterfly. In this level, students will learn to incorporate open turns and flip turns with their strokes. In order to be prepared for a competitive level of swimming, the safety and swim skill benchmarks must be achieved.

Prerequisite: Swim 4 strokes of butterfly, 15 meters of breast-stroke, freestyle and backstroke.

SWIM TEAM PREP

(ages 8 - 17 year olds), 60-minute class, two days per week

The main focus is stroke refinement, preparation for competitive aquatic sports like swim team, diving, water polo, and preparation for lifeguarding. Swim drills and conditioning will be the main focus of this course. More advanced drills will be introduced to build strength, endurance, and confidence. Students will learn how to utilize pace clocks and other equipment to improve speed and technique.

Prerequisite:

Successfully completed the Barracudas Swim Course and able to swim 100 meters continuously using breaststroke, butterfly, backstroke and freestyle with either open or flip turns to change directions.

ADULT SWIM LESSONS LEARNING THE BASICS-LEVEL 1

Learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance focusing on breath control, submerging, floating and learning the basics of front crawl and elementary backstroke.

IMPROVING SKILLS & SWIMMING STOKES-LEVEL 2

Improve foundation skills and swimming strokes to gain an overall level of comfort in the water. In this course, participants will work on increasing technique and endurance in front crawl & elementary backstroke, while side stroke, breaststroke and backstroke will be introduced.



SWIM LESSONS



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REGISTRATION

In order to provide the best experience possible, we ask that you please review the following levels and select the best possible level for your child. Staff will adjust participants up or down one level as necessary based on the participant's swimming ability. You can register for all classes at the MWR Fitness Center Front Desk or Online. Full payment is required at the time of registration.

PRICING

- Star Babies/Star Tots: \$40 (4 classes per session)
- Starfish Swim School: \$50 per session (8 classes per session)
- Starfish Stroke School: \$65 per session (8 classes per session)
- Swim Team Prep: \$80 per session (8 classes per session)
- Adult Lessons: \$65 per session (8 classes per session)

SKILL EVALUATIONS

For children who have had lessons but are new to our program we offer free skill evaluations. An instructor will provide an assessment based on the skills your child is able to perform. The instructor will provide you with a recommended level to register your child. Please contact Emily Randell at emily.d.randell.naf@us.navy.mil or at 1785-3567 to schedule an assessment.

PRIVATE LESSONS

Looking for a more individualized approach? We offer private lessons for ages three to adult. All lessons are 30 minutes long and are available at varying days and times. Please contact Emily Randell at emily.d.randell.naf@us.navy.mil for more details or to schedule a private lesson.

Private Lessons: - \$20 per 30-minute session (active duty)
- \$30 per 30-minute session (dep/DOD civilian)

Packages: - Active Duty: \$120 for 8-30 minute sessions
- Dependents/DOD Civilian: \$180 for 8-30 minute sessions

REFUNDS & MAKE UP LESSONS

Make-up classes will only be offered if the facility cancels a class. Refunds and/or make-ups will not be given for missed classes on behalf of the participant. If you would like to request a refund for a swim lesson session you must request the refund 1 week prior to the swim lesson session starting.

STAR BABIES

(ages 6 months-18 months) 30-minute class, one day per week

Students will gain trust and improve comfortability in the water while also learning important body positions. Students will begin working on the foundational swim skills such as front and back floats, counting cues, sliding and jumping into the water. All of these skills will be taught and reinforced through songs and games.

Requires a parent/guardian in the water with every child.

STAR TOTS

(ages 18 months-3 years) 30-minute class, one day per week

Students will gain trust and improve comfortability in the water while also learning important body positions. Students will begin working on the foundational swim skills such as front and back floats, counting cues, sliding and jumping into the water and submersion. All of these skills will be taught and reinforced through songs and games.

Requires a parent/guardian in the water with every child.

STAR TOTS LEVEL 2

(ages 18 months-3 years) 30-minute class, one day per week

Students will continue to gain confidence in the water and will begin to transition to instructor assisted activities.

Prerequisite: With Parent help perform a front & back float, enter water from wall, submerge, turn around and grab onto the wall and pull their head out of the water with assistance.

Requires a parent/guardian in the water with every child.

STARFISH SWIM SCHOOL:

Levels are also separated into two age groups: Preschool 3-5 year olds and School-age 6-12 year olds.

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced, but challenging.



CLOWNFISH

(ages 3-5 years or 6-12 years) 30-minute class, two days per week

Sets the foundation for comfortability and safety in and around the water. Good body position and control will be introduced with the practice of floats on the front and back and streamline swim positions. Other skills that will be performed include how to safely exit the water, front and back floats, front and back streamline, and full-body submersion.

Prerequisite: None

PUFFERFISH

(ages 3-5 years or 6-12 years) 30-minute class, two days per week

This course focuses on forward movement, rotary movement and direction change in the water. This level will introduce fundamental swim skills such as kick and pull movements on the front and the back, treading water, swimming underwater, side glides and retrieving a submerged object from the bottom of the pool.

Prerequisite: Jump in, submerge, recover for air, roll and float on back.