

swimEGR



swimEGR offers a progression of Learn to Swim classes to meet the needs of your swimmer. Classes focus on skill development and swimmer safety. Our instructors provide a safe, educational and fun environment for your swimmer to excel.

Baby & Me

This class allows parents and children to learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The classes are fun-filled and help introduce water safety concepts, encourage a healthy recreational habit that your family can enjoy. Be prepared to sing songs and make a SPLASH. Some swimmers transition to Tiny Tots following this class others may jump to Beginner or Advanced Level 1.

Tiny Tots

Has your child been through our Baby & Me program? Tiny Tots is designed to allow for an easy transition to Beginner Level 1. Parents will participate in the water on day #1 and day #2. On day #3 parents will be in the water for half the class. Day #4 through the end of the session swimmers will be in the water with just the instructor. Students will work on many of the same skills as the Baby & Me program but will be building independence by transitioning to skills with just the instructor. Swimmers transition to Beginner or Advanced Level 1 upon completing this class.

Beginner Level 1

This is a swimmer's first class without a parent in the water. This class will help swimmers gain greater independence in their skills and develop more comfort in and around the water. Skills include open eyes under water and retrieve submerged objects and front and back floats and glides. Confidence is the deciding factor between Beginner Level 1 and Advanced Level 1. If your swimmer is hesitant about putting their face in and will still like to hold the teacher's hand when paddling or kicking - Beginner Level 1 is the correct class. If your swimmer likes to put their face in and push off the wall independently check out Advanced Level 1. Upon completion swimmers may repeat Beginner Level 1 or Advanced Level 1 or Level 2.

Advanced Level 1

This level helps swimmers to gain basic swimming skills including jumping in, front and combined arm and leg action on front and back. Swimmers will begin work on recovering to a vertical position, alternating and simultaneous leg actions on front and back.

Level 2

Swimmers will focus on the following skills: fully submerge and hold breath, rolling from front to back and back to front. Swimmers will continue working on building confidence with front and back crawl and begin work on endurance skills. Swimmers should be able to swim the width of the pool front crawl and back crawl before advancing to Level 3. There are lots of skills to learn in Level 2 and swimmers often repeat this level.

Level 3

Level 3 encourages stroke development through additional guided practice in deeper water. New techniques and strokes are learned while building endurance of fundamental and new skills. Skills include: rotary breathing, streamline, and flutter and dolphin kicks.

Stoke Camp

Stroke Camp builds confidence and endurance in the water. Skills include: headfirst entries from the side in compact and stride positions, open turns, added technique to strokes, survival swimming, and tread water using two different kicks.

East Grand Rapids Parks and Recreation

616-949-1750

Aquatics Supervisor

Betsy Granstra

bgranstra@eastgr.org

Private Lessons

Lesson time can be used for one swimmer or as a family lesson. You are paying for the time slot, not per swimmer.

Private Lesson Opportunities \$35 residents/\$45 non-residents