



Program Overview

AMS swimming lessons are taught at your neighborhood facility, by an authorized swimming instructor. They are supervised by the program coordinator, who is responsible for curriculum planning, scheduling classes, overseeing quality control, assuring safety of the participants and for the training of swimming instructors. All Swim Instructors are Jeff Ellis licensed in CPR and First Aid. Swimming instructors conduct the classes under the guidance of the program coordinator, maintaining a ratio of 1-3 students per instructor. Our instructors learn innovative teaching techniques that are proven to accelerate and enhance student progress in mastering strokes and other aquatic skills. Our sessions consist of **8**, thirty minute classes run on a Monday thru Thursday schedule. Friday is reserved for a make-up day in case of inclement weather. Parents are not required to participate in the classes but are encouraged to watch from the pool deck.

Program Levels

Level One Series

This series is designed for the first time swimmer. Most students in this group are between the ages of 3 and 4 however older students that fit this description are welcome. Students may have a small fear of the water and are still using the assistance of a flotation device (ring, swimmies, etc.). The objectives of this class are to have students:

- Getting familiar with the water (blowing bubbles, going under unassisted, etc.)
- Learning kicking techniques
- Learning arm movements
- Floating (with assistance)

At the end of this series swimmers should be able to use their new techniques to swim a small distance with adult supervision and understand water safety.

Level Two Series

This series is designed for a student who is not afraid of the water and going under it. Most of the students in this group are between the ages of 4-6. These students already are comfortable with going under the water and using some sort of swimming technique. These students do **not** require the use of a flotation device but do require parental supervision. The objectives of this class are to have students:

- Breathing correctly underwater

- Floating unassisted
- Learning how to do free-style
- Learning how to do breast-stroke

At the end of this session students will be able to swim unassisted for a moderate distance using swimming techniques taught by the instructor.

Level Three Series

Students in this class may have already taken a few swim lessons. They have already mastered some sort of swimming technique. They can swim in the shallow end unsupervised. This session is designated for stroke perfection. Students in the class are usually between the ages of 5-7. The objectives of this class are to have students:

- Perfect free-style, breast-stroke
- Introduction to back-stroke
- Breathing techniques for breaths between strokes

At the end of this session students should be able to swim the length of the pool using the various strokes taught in the class.

Contact Information:

Tristan Walters is our program coordinator. Please feel free to call her for registration information and questions at **678-898-4266** or via email at AMSTristan@hotmail.com

Tentative Swim Lesson Dates at Cardinal Lake Pool:

July 7th – 17th

*** Note this is subject to change based on participant rates.**