



Turtles Information Sheet

Background

The Wexford Whales swim team has a long history at the Wexford Leas Swim Club. Its primary goal is to improve the performance of its swimmers in a fun and enjoyable environment. The swim team offers a learn-to-swim program, called Turtles, to our youngest pool members. Many of our swimmers start off as Turtles and then continue swimming for Wexford and high school teams.

Objectives

The Turtles learn-to-swim program focuses on safety, organization, skill development, and fun. The program is set up so children can advance through groups and eventually learn the correct stroke mechanics for freestyle and backstroke. While not all Turtles will choose to join the swim team as they get older, those with interest can graduate to the pre-team group, Little Whales.

Registration, Evaluation, and Group Placement

The Registration information (please see Registration form) will guide coordinators and coaches in choosing the appropriate group for each child. Children will also be evaluated on their ability to put their face in the water, to use a kickboard, to use correct stroke mechanics, and on the distance they can swim independently.

Lessons will be offered from 12:00 to 1:30 pm Monday-Thursday. If there is enough interest, lessons will also be held from 6 to 7pm three evenings a week. If within the first week your child demonstrates greater or lesser ability than their group level, they may be changed to a different group/time for a better fit.

Each small group works with a coach who gets in the water with the swimmers. A parent/guardian must remain at the pool during lessons. Private lessons should be arranged for those children who show great fear of the water. These can be scheduled with the pool lifeguards.

The following are the guidelines for placing swimmers into skill and age-appropriate groups.

Non-Swimmer – ages 3 and up (Suggested 3:1 ratio)

Requirements:

1. The child **MUST** be at least 3 years old.
2. The child **MUST** be potty-trained.
3. The child has to be able to follow verbal commands.

Description: This group will focus on floating, kicking (using a kickboard), breathing, stroke mechanics, water entry, and swimming independently.

Beginner – ages 4 and up (Suggested 4:1 ratio)

Requirements: Children should be fearless and able to place entire face underwater. They should be able to use a kickboard and attempt to swim, both without assistance. Children should also be able to support themselves on the wall for extended periods of time.

Description: This group is similar to the Non-Swimmer group, but will proceed at a more rigorous pace. Lessons will focus on floating, kicking (using a kickboard), breathing, stroke mechanics, water entry, and swimming independently.

Intermediate – ages 5 and up (Suggested 6:1 ratio)

Requirements: Children must be able to hold their breath under water and demonstrate a form of freestyle stroke. They should be able to use a kickboard and attempt to swim without assistance. Children should also be able to support themselves on the wall for extended periods of time.

Description: This group is geared towards children that know how to swim independently, but do not use correct stroke mechanics. Children will learn the correct stroke mechanics for freestyle and backstroke. They will be given the opportunity to earn their Medium or High Bands during their group lesson.

Participation in B Meets

Turtles are encouraged to participate in the Turtles swim races prior to the start of the Wednesday night B meets (dates are below, start time is usually 6 pm). Each swimmer will be given the opportunity to swim a lap of kickboard, freestyle, or backstroke. Turtles coaches will be present and will get in the water and assist swimmers if necessary. Swimmers must sign-up prior to meet. Please note: during B meets, flippers are not allowed for freestyle or backstroke races; however, if desired, flippers can be used in kickboard races.

Band Test & Certificate of Achievement

All Turtles will be given the opportunity to earn a low, medium or high band during their group lesson. There will be a Turtles exhibition meet and party on the final week of lessons. Also, all Turtles will earn a Certificate of Achievement at the conclusion of the program.

Dates

Welcome and Ice Cream Social: Monday, June 19, 2017 at 12:30pm, meet on hill outside of Big House

First day of lessons: Tuesday, June 20, 2017

Turtles Exhibition and Party: Wednesday, July 26, 2017

Final day of lessons: Thursday, July 27, 2017

B meets

Dates pending