

CHILDREN & ADULTS

BASIC SWIM & INTRODUCTION
TO STROKE EFFICIENCY

INTELLA S-1

WILL LEARN:

- To be comfortable in water and have fun.
- Putting face underwater and blow bubbles.
- The front & back float
- Complete submersion

INTELLA S-3

WILL LEARN:

- Everything in S-1
- Treading water
- Swimming & safety.
- Rotation from front to back float
- Learning to swim in 5-10 feet

INTELLA S-7

WILL LEARN:

- Everything in S-3
- Aquatic confidence
- Independent front and back rotations.
- Correct breathing patterns.
- Aim: Swimming in 5-10 feet with no assistance

INTELLA S-11

WILL LEARN:

- Everything in S-7
- Breast Stroke
- Back Stroke
- Freestyle Stroke
- Butterfly Stroke
- Starts & Turns

