

EIU Spring swim lesson registration is now open.

Classes will run on Tuesday, Wednesday and Thursday for four weeks. Each week is a session; with sessions starting Tuesday March 20th concludes Thursday April 12th.

Time 5pm-6pm, Classes run maximum of 1 hour. Depending on the level of your child, and comfort level of being in the water could result in a lessons running less than 1 hour. Our goal is to improve the child relationship with the water, and keep them comfortable in the pool

Age Group- 4 to 12 years old, per NCAA rules, child may not have begun classes for the 9th grade.

Cost- \$55.00 Per session. (Session is one week, of three hour long lessons, Tuesday, Wednesday, Thursday)

Swimmers will be broken into the below groups based on their level of comfort, and experience in the water. Each group will have a D-1 College instructor. Level 1 and 2 will have an instructor in the water at all times with them. Level 3 and 4, will have an instructor on deck, ready to enter the pool if needed during the lesson.

Questions call Head Coach of EIU Swimming, Jacqueline Michalski 217-549-0139

Pre- Registration required payment due first day of session. To resgistater, email Head Coach at Jmichalski@eiu.edu, with Child names, age and level they would be in. Use your best judgement, we can move them to a different level once they are in the pool.

Level 1: Water Exploration – little to no experience in the water

- Becoming comfortable in the water
- Putting face in and blowing bubbles.
- Floating/Gliding on front and back
- Beginning arm and leg motions on front and back
- Learning Pool Rules

Level 3: Intermediate – comfortable in the water, but not strong swimmers.

- Feet first entry into deep water.
- Sit dives, in deep water
- Rotary breathing
- Tread water
- Dolphin kicks
- Breaststroke kicks on back
- Freestyle, Backstroke and Elementary Backstroke

Level 2: Beginner – Limited experience in the water

- Enter and exit water w/no assist.
- Retrieve submerged objects
- Front/Back floats
- Front/Back glides
- Rolling and change of direction
- Arm and leg actions on front and back
- Attempts rhythmic breathing
- Finning arm actions
- Elementary Backstroke (Arms)
- Elementary Backstroke (Legs)
- Safety Skills

Level 4: Pre-Competitive Can swim, looking to become stronger in competitive strokes.

- Freestyle, Backstroke, Elementary Backstroke, Sidestroke, Breaststroke, Butterfly
- 25 yards – of all four legal strokes

