



DeMont

Family Swim School

Foundation for Successful Swimming



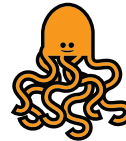
STROKE COMPLETION

Level: Hammerhead
Technique, endurance and swim team preparation



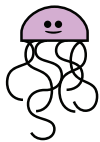
STROKE DEVELOPMENT

Level: Lobster
Solidify freestyle & backstroke
Introduce breaststroke and butterfly



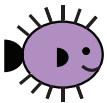
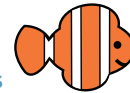
BEGINNING STROKE CONCEPTS

Level: Octopus
Learning freestyle side breathing, other stroke kicks, and rhythmic stroke



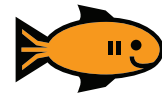
PROPULSION STARTS HERE!

Levels: Jellyfish, Clownfish
Strengthen buoyancy, backfloats, scoops & rollovers



COMFORT / SAFETY

Levels: Tadpole, Goldfish, Blowfish
Learn breath control, buoyancy and balance in the water
Must be able to relax in the water to be a swimmer!



SPLASH / PLAY / LEARN

Levels: Little Froggy 1 & 2
Tips on how to enjoy tub time to mastering submersions. Simple building blocks to create a firm foundation for a lifetime of confidence.



DeMont

Family Swim School

Foundation for Successful Swimming



STROKE COMPLETION

Level: Hammerhead
Technique, endurance and
swim team preparation

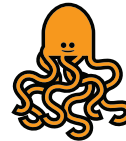
STROKE DEVELOPMENT

Level: Lobster
Solidify freestyle & backstroke
Introduce breaststroke and butterfly



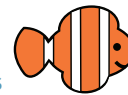
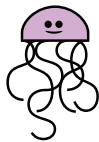
BEGINNING STROKE CONCEPTS

Level: Octopus
Learning freestyle side breathing,
other stroke kicks, and rhythmic stroke



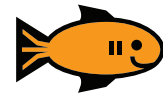
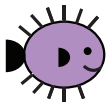
PROPULSION STARTS HERE!

Levels: Jellyfish, Clownfish
Strengthen buoyancy, backfloats, scoops & rollovers



COMFORT / SAFETY

Levels: Tadpole, Goldfish, Blowfish
Learn breath control, buoyancy and balance in the water
Must be able to relax in the water to be a swimmer!



SPLASH / PLAY / LEARN

Levels: Little Froggy 1 & 2
Tips on how to enjoy tub time to mastering submersions. Simple building
blocks to create a firm foundation for a lifetime of confidence.

