



TEMPLETON TENNIS RANCH

SUMMER SWIM SCHOOL

**Ensure water safety this summer with Swim School!
TTR is now offering two-week long swim lesson
sessions with 4 lessons per week,
Monday through Thursday**

- Lessons start for kids as young as six months old!
- Pricing: \$160 for members / \$200 for non-members

SESSIONS:

JUNE 9 - 19

JUNE 23 - JULY 3

JULY 7 - 17

JULY 21 - 31

AUGUST 4 - 14

TIMES:

4 - 4:30 PM

4:30 - 5 PM

5 - 5:30 PM

5:30 - 6 PM

Register by calling the Front Desk at (805) 434-9605



We are hiring! Scan the QR code to learn more. Email cover letter and resume to Staley@TTRtennis.com



TEMPLETON TENNIS RANCH

SWIM SCHOOL LEVELS

Baby and Me (Ages 6 mo.-3 years)

This class sings and plays, introducing little swimmers to water safety in a fun environment. An adult will need to be in the water with the child, and an instructor leads the playtime.

Bobbers (Ages 3-5)

Goals:

- Getting comfortable in the water
- Bobs (blowing bubbles, going under water, and coming back up)
- Floating on front and back
- Water safety instruction
- Flutter kicking

Skills Required to Move to Next Level:

- Complete 10 relaxed bobs
- Float on front and back unassisted for 3 - 5 seconds
- Exit the pool unassisted

Bobbers Plus (Ages 5+)

Skills:

- Getting comfortable in the water
- Bobs (blowing bubbles, going under water, and coming back up)
- Floating on front and back
- Water safety instruction
- Flutter kicking

Skills Required to Move to Next Level:

- Complete 10 relaxed bobs
- Float on front and back unassisted for 3 - 5 seconds
- Exit the pool unassisted

Gliders

Skills:

- All of the skills from Level 1 - 2
- Back and front glides, then recovery
- Rollover front to back and back to front

Gliders (continued)

- Kicking on front and back unassisted
- Jumping in, rolling to back and calling for help
- Treading
- Using arms to propel forward, introducing side breathing

Skills Required to Move to Next Level:

- Jump into the water, surface, roll to back, and call for help
- Kick unassisted on front and back for 15 feet

Zoomers

Skills:

- Side glide kick
- Freestyle and backstroke with correct breathing
- Introduction to the breaststroke
- Sculling
- Diving
- Treading

Skills Required to Move to Next Level:

- Perform side glide kick 15 feet unassisted
- Swim freestyle arms 15 feet unassisted, including bilateral breathing

Swimmers

Skills:

- Swimming 25 yards of freestyle and backstroke
- Front and back flip turns
- Open turns
- Breaststroke
- Butterfly

Goals:

- Freestyle and backstroke for longer distances (50 yards)
- Swim 25 yards of breaststroke
- Flip turns and open turns
- Complete a 100 IM (25 yards of each stroke)