

VIRGINIA SWIMS LEARN-TO-SWIM PROGRAM (AGES 6 – 14 YEARS):

The dual purpose of the Virginia Swims Learn-to-Swim program is to teach swimming skills and water safety. The program covers skills and knowledge in a logical progression for aquatic skill development. As participants develop these skills, they will become safer and better swimmers. Please read the descriptions of each class to register for the appropriate skill level. We recommend that you schedule a free swimming assessment if you are unsure of your child's ability level or if this is your first time taking classes at Ida Lee. Please call us at 703-777-1368 for further questions. Each level is based on a skills progression and may need to be repeated until the student is comfortable enough to progress to the next level. All of these classes are held at the **Ida Lee Park Recreation Center Indoor Pool**.

For more information about programs offered at the outdoor pool, please look under the [AV Symington Aquatic Center](#).

Swim Level 1

(Ages 6-12) The Swim Level 1 swim class teaches breath control, face submersion, floating on front and back (with support), swimming 5 feet on front and back (with support), and safety. No goggles permitted in this class. **Prerequisite:** Students must function well in a group class without a parent. To register for available Swim Level 1 classes please click [here](#).

Swim Level 2

(Ages 6-12) The Swim Level 2 swim class teaches breath control and head submersion, floating on front and back, gliding on front and back, rolling over, swimming 5 yards on front and back, and safety. **Prerequisite:** Fully submerge face for 3 seconds, float on front and back (with support), and swim 5 feet on both front and back (with support). To register for available Swim Level 2 classes please click [here](#).

Swim Level 3

(Ages 6-12) The Swim Level 3 swim class teaches rotary breathing, swimming 15 yards of front crawl, elementary backstroke, and back crawl, jumping into deep water, treading water and safety. **Prerequisite:** Float on front and back for 5 seconds and swim 5 yards on both front and back. To register for available Swim Level 3 classes please click [here](#).

Swim Level 4

(Ages 6-12) The Swim Level 4 swim class teaches swimming 25 yards of front crawl (with rotary breathing), elementary backstroke and back crawl, 15 yards of breaststroke, standing dive, surface dives, treading water, and safety. **Prerequisite:** Swim 15 yards each of front crawl, elementary backstroke, and back crawl. To register for available Swim Level 4 classes please click [here](#).

Swim Level 5

(Ages 6-12) The Swim Level 5 swim class teaches swimming 50 yards of front crawl (with bi-lateral breathing), elementary backstroke, and back crawl; 25 yards of breaststroke, 15 yards of butterfly, surface dives, open turns, treading water, and safety. **Prerequisite:** Swim 25 yards each of front crawl, elementary backstroke and back crawl in good form, and 15 yards of

breaststroke. To register for available Swim Level 5 classes please click [here](#).

Swim Level 6

(Ages 6-14) The Swim Level 6 class teaches 100 yards of front crawl and back crawl, 50 yards of breaststroke, and 25 yards of butterfly and sidestroke. The class develops good fitness habits, introduces a wide range of aquatic activities to meet individual needs, and teaches safety skills.

Prerequisite: Participants must have completed Swim Level 5. To register for available Swim Level 6 classes please click [here](#).

SPRINGBOARD DIVING CLASSES - To register for available diving classes please click [here](#).

Ida Lee offers a beginner and an advanced beginner Springboard Diving class. Students will learn the basics of springboard diving in a fun format that will ease their hesitations about the diving board.

All of these classes are held at the Ida Lee Indoor Pool. For more information about programs offered at the outdoor pool, please look under the AV Symington Aquatic Center.

Springboard Diving

(Ages 7-14) Learn the major components of springboard diving (approach, take off, flight, and entry) and learn new dives. Introduced dives include: forward dive, tuck and pike, back dive, and inwards. **Prerequisite:** Swim 25 yards in deep water and perform a standing front dive from the side of the pool.

Advanced Springboard Diving

(Ages 7-14) Learn new dives and flips while developing your technique on our one-meter springboard.

Prerequisite: Must have completed Springboard Diving, can swim 25 yards in deep water, and perform a 3-step approach to a forward dive.

Private Swim Lessons (Ages 4 & up):

A limited number of private swim lessons are offered each session. Once you are on the waitlist, you will receive a call in the order of your waitlist number to schedule the lessons. We are unable to guarantee a space. Lesson times and instructor availability is on a first-come, first-served basis. Due to a high demand for private lessons, if we reach a maximum capacity on the waitlist we will stop adding additional people for that session. You will need to register for the next session when registration becomes available. Please note: There are no refunds or make-ups for missed private swim lessons. This is no cost to be on the waitlist. Payment is due when the lessons are scheduled. You need to register each session to be on the waitlist. To register for the waitlist for Private swim classes please click [here](#).

Sample Pricing

5, 30-minute lessons

One student - \$180

Two students - \$210

Three Students - \$240

Four Students - \$270

DEVELOPMENTAL SWIM TEAM - To register for available Swim Team classes please click [here](#).

Ida Lee offers three levels of Developmental Swim Team classes. Swimmers that are still developing their competitive strokes should register for either Developmental Swim Team or Advanced Developmental Swim Team. Swimmers that are able to swim all four strokes in good form should take Off-Season Conditioning. Classes are taught in a format similar to a swim team practice.

Mid-Afternoon Swim Team

(Ages 7-14) This swim team environment is designed to fit the schedule of home school students and for more experienced swimmers who are still developing competitive strokes. **Prerequisite:** Students must have passed Swim Level 5 and must be able to swim 50 yards in good form.

Developmental Swim Team

(Ages 6-10) This class is designed to introduce younger and less proficient swimmers to a swim team environment. The competitive strokes (front crawl, back crawl, breaststroke & butterfly) are taught in a low pressure, non-competitive environment. Swimmers will improve on their stroke technique while learning the fundamentals of competitive swimming. **Prerequisite:** Student must have completed Level 4 or Lap Swimmer, and swim 25 yard in good form.

Advanced Developmental Swim Team

(Ages 8-14) This class is designed for the more experienced swimmers who are still developing competitive strokes. **Prerequisite:** Student must have completed Level 4 or Lap Swimmer and must be able to swim 50 yards in good form.

Off-Season Conditioning

(Ages 11-18) This is a great training and conditioning program for competitive swimmers who want to maintain their edge and perfect their strokes. **Prerequisite:** Swimmers can swim the four competitive strokes. To register for available Off Season Conditioning classes please click [here](#).

Youth Masters Swim Team

(Ages 14-18) This is a great conditioning class for experienced high school swimmers who want to participate in a group swim team setting while keeping up stroke techniques and endurance. Class coincides with Masters Swim Class. Conducted in water that is maintained between 83-85 degrees.

