

COR Swimming

PRE-COMPETITIVE GROUPS

Swim School

Ages 3 and up, for learn-to-swim up to children trying to make our competitive team. Students will learn basic water safety and a lesson curriculum based on learning the 4 competitive strokes in USA Swimming. From floating on their backs to side breathing, Students will have hands on experiences to help them master the basics necessary to advance a life-time skill!

Groups are booked in sessions consisting of 30 minute blocks of time, between 5:00 – 7:30 PM Tuesdays & Thursdays at the Larry Glick - Garland ISD Natatorium, \$25 per class.

Swimmer to Instructor ratios of 1 to 1 up to 4 to 1 depending on group, age & ability.

Jumbo Shrimps

Ages 5 and up, for strong recreational swimmers who need to learn the basics of the 4 competitive strokes. “Jumbos” swim the length of the pool (25 yards) with instructors both in the water and on deck. Swimmers will need a firm grasp of the basics of freestyle, backstroke, breaststroke and butterfly to advance. Most Jumbos need 2 to 5 sessions before being ready for promotion to COR’s competitive groups.

Each Jumbos session consists of 12 practices, 45 minutes per practice. \$200 for the session. There is also the up-front USA Swimming registration fee (\$100) for the 1st session attending. All subsequent sessions are simply the session fee.

Practice times are typically Tuesdays & Thursdays, 5:15 – 6 PM or 6:45 – 7:30 PM (depending on scheduling of Swim School) at the Larry H Glick – Garland ISD Natatorium.