



Contact Si View Pool staff with questions:
poolstaff@siviewpark.org / 425-414-0765

Adult Program Guidelines

We offer group lessons for ages 14+ and adults with varying levels of comfort in the water. Lessons are typically scheduled when there is no other programming in the pool.

Beginner

Prerequisites: None

SKILLS TAUGHT: Air exchange, submerging whole head with air exchange; front and back floats; kicking on front and back; rolling over; crawl stroke; introduction to side breathing; backstroke; introduction to elementary backstroke; comfort in swimming in deep water; treading water; wearing a life jacket; safety jumps in deep water; and the dangers of hyperventilation.

Intermediate

Prerequisites: Must have passed the Adult Beginner level or demonstrate required skills through a free swim evaluation. Required skills include rollovers, crawl stroke (5 yards), backstroke (5 yards), elementary backstroke (5 yards), side breathing, treading water (30 seconds), and comfort in deep water.

SKILLS TAUGHT: Crawl stroke with side breathing; refining backstroke; refining elementary backstroke; breaststroke; introduction to sidestroke; treading water; introduction to surface dives; and water safety topics including when to call 911, survival swimming, self-rescue, open water swimming, dangers of hyperventilation, and safe head-first entries.

Advanced

Prerequisites: Must have passed the Adult Intermediate level or demonstrate required skills through a free swim evaluation. Required skills include crawl stroke (one length), backstroke (one length), elementary backstroke (one length), breaststroke (5 yards), scissor kicks (5 yards), and treading water (1 minute).

SKILLS TAUGHT: Stroke refinement on crawl stroke, backstroke, and breaststroke; introduction to butterfly; sidestroke; flip turns and open turns; standing dives; swimming for fitness techniques; and water safety topics including when to call 911, release of muscle cramps, survival swimming, open water swimming, dangers of hyperventilation, and safe head-first entries.