



OGDEN GOLF
&
COUNTRY CLUB
Est. 1914

Ogden Golf & Country Club – LITTLE WAVES

A Natural Swim Lesson Progression Program for children 3-5 years

LITTLE WAVE 1– Duck Dive & Glide

No prerequisite skills required

LITTLE WAVE 2– Floats & Glides

Prerequisites:

Completion of Little Wave 1 or Preschool Aquatics 2

Ability to do the following skills:

5 relaxed bobs (rhythmically blowing bubbles with eyes in the water)

Submerge head for 3 seconds

Front Glide for 3 seconds and rollover to the back (assisted)

Back Glide for 3 seconds and recover (assisted)

LITTLE WAVE 3 – Stroke, Kick & Glide

Prerequisites:

Completion of Little Wave 2 or Preschool Aquatics 3

Ability to do the following skills:

10 relaxed bobs rhythmically submerging head and blowing bubbles

Submerge head for 5 seconds

Front Glide with flutter kick for 10 feet then rollover to a back float

Back Glide with flutter kick for 10 feet

Jump in water over head and recover on the back

LITTLE WAVE 4 – Front Crawl & Back Crawl

Prerequisites:

Completion of Little Wave 3

Ability to do the following skills:

Front Crawl with rollover 12 feet

Back Crawl 12 feet

Bob to safety

Jump in water overhead and return to the wall

Jump in water overhead and recover on the back

PARENT & CHILD SPLASH

Introduction to aquatics for children ages 8 months to 3 years.

PARENT & CHILD SPLASH 1

Prerequisites:

No prerequisite skills required

PARENT & CHILD SPLASH 2

Prerequisites:

Completion of Parent & Child Splash 1

This course is taught in conjunction with Parent and Child Splash 1.

Ogden Golf & Country Club– WAVES

A Natural Swim Lesson Progression Program for children 6 years & older

WAVE 1– Floats and Glides

No prerequisite skills required

WAVE 2– Front & Back Crawl

Prerequisites:

Completion of Wave 1 or Level 1

Ability to do the following skills:

10 relaxed bobs

Submerge head for 5 seconds

Front Glide with flutter kick 12 feet then roll over to a back float

Back Glide with flutter kick for 12 feet

WAVE 3 – Elementary Backstroke

Prerequisites:

Completion of Wave 2 or Level 2

Ability to do the following skills:

Front Crawl (with rollover breathing) 25 feet

Back Crawl 25 feet

Jump in deep water and return to the wall

Jump in deep water and recover to a back float

WAVE 4 – Breaststroke

Prerequisites:

Completion of Wave 3 or Level 3

Ability to do the following skills:

Jump into deep water, swim front crawl 15 yards, tread water for 30 seconds

Elementary backstroke 15 yards

Back Crawl 15 yards

WAVE 5 – Butterfly

Prerequisites:

Completion of Wave 4 or Level 4

Ability to do the following skills:

Front Crawl 30 yards with open turns

Back Crawl 30 yards with open turns

Elementary Backstroke 30 yards

Breaststroke 15 yards

WAVE 6 – Swim Team Prep 1 – Front Crawl & Breast Stroke

Prerequisites:

Completion of Wave 5 or Level 5

Ability to do the following skills:

Front Crawl 45 yards with flip turns

Back Crawl 45 yards with flip turns

Elementary backstroke 45 yards

Breaststroke 30 yards with open turns

Butterfly 15 yards

WAVE 7 – Swim Team Prep 2 – Back Crawl & Butterfly

Prerequisites:

Completion of Wave 6 or Level 6

Ability to do the following skills:

Front Crawl 45 yards with flip turns

Back Crawl 45 yards with flip turns

Breaststroke 30 yards with open turns

Elementary backstroke 45 yards

Butterfly 15 yards

WAVE 8 – Springboard Diving

Prerequisites: Completion of Wave 5, Level 5 or above

Ride the waves and learn to swim at Ogden Golf & Country Club

We are excited to start a new swim lesson program
Children will learn to swim by following a new swim lesson progression program –

WAVES...

There are 4 learn to swim classes for children 3-5 years:

- LITTLE WAVE 1 – Duck Dive & Glide**
- LITTLE WAVE 2 – Floats & Glides**
- LITTLE WAVE 3 – Stroke, Kick & Glide**
- LITTLE WAVE 4 – Front Crawl & Back Crawl**

There are 8 learn to swim classes for children 6 years and older:

- WAVE 1 - Floats & Glides**
- WAVE 2 – Front Crawl & Back Crawl**
- WAVE 3 – Elementary Backstroke**
- WAVE 4 – Breaststroke**
- WAVE 5 – Butterfly**
- WAVE 6 – Swim Team Prep 1 – FC/BS**
- WAVE 7 – Swim Team Prep 2 – BC/BF**
- WAVE 8 – Springboard Diving**

There are 2 classes for children 8 months – 3 years.

PARENT & CHILD SPLASH 1 & 2

Please read the prerequisite skills attached to each course to assist you in registering your child. If you have questions regarding what wave to register your child for please contact Landon Blake @385-515-9418.

To register email or call the Business Center @ shelby@ogdencountryclub.com or over the phone @ 801-621-2060 ex. 122.

