



*Train to be
a Mermaid!*

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BHC Aquatics

Mermaid School

Requirements:

Open to boys and girls who have passed BHC Swim School Level 4 or higher. Must be able to swim at least one full length of the pool without stopping. Goggles are a plus. Hair must be tied back. Swim caps are also a good choice.

Must be proficient in the following techniques:

- Freestyle stroke • Backstroke • Dolphin kick • Somersaults
- Blowing bubbles through nose

This class will consist of:

1. Safe use of mermaid fin/monofin.
2. Emphasis on proper form for swimming with a mermaid fin/monofin.
3. Kickboard drills.
4. Proper breath holding/building up lung endurance.
5. The fun of being a mermaid.
6. Backflips and front flips in the water.
7. Underwater swimming — tummy, side and back.



\$60 for six classes

April 6 to May 18

Saturdays at 2 p.m. (no class April 20)

Cash or check only!



Purchasing fin:

Tails can be purchased from a variety of online merchandisers, but we prefer the tails from The2Tails.com. We have tried these tails and they have the best deal overall. These tails have a monofin that is already installed in the tail.

Another online tail retailer that has gained very good reviews is FinFunMermaid.com. Fin Fun tails have an option to purchase a tail with or without a monofin. **Please purchase the tail with the monofin if purchasing from Fin Fun. The monofin is what propels the swimmer through the water.**

Note:

Please check the sizing guides on either website before purchasing a tail. A proper fit is a safe fit. These tails do stretch when wet, so if a tail is too big, your child will be unable to safely perform all the activities in this class.



Breakdown of class structure

Monofin safety:

- Never use a monofin by yourself. Always have an adult or lifeguard nearby.
- Learn how to take off monofin while in the water in case of an emergency.
- Learn how to go into a safety float in case of an emergency.

Proper form:

- Keeps legs together (makes swimmer faster/more streamlined).
- Pointed toes (ensures a full range of motion and follow through with kick).
- Building off the dolphin kick to utilize a full-body (fluid) motion starting from upper body to toes.

Drills:

- Swim through sunken hoops at various depths. Drill will build lung and general endurance.
- Proper form (pointed toes and legs stay together/straight).
- Kickboard drills.
- Backflips and front flips while using arms and maintaining proper form.
- Underwater swimming — tummy/side/back.

Proper breath holding:

- The more you practice the longer you can hold your breath.
- Bubble hearts and rings.

It's all about the fun:

- This class is centered around having fun while being safe.



