

Exciting News...Orlando Metro Gymnastics & Aquatics Opening In Baldwin Park...Fall of 2009

Orlando Metro Gymnastics & Aquatics will be opening in the fall of 2009. We will be offering Gymnastics Classes for ages walking through 18 years old, Girls Competitive Gymnastics Teams, After School Program, Kidz Sports Day Camp, Birthday Parties, AND swimming lessons for all ages including a Developmental Swim Team for ages 5 & Up. Additional pool activities include Pool Birthday Parties, Open Swim, Aqua Aerobics, Water Walkers, Lane Swimming and more!

Swim Class Descriptions

Mommy and Me:

Parent child class for children ages 6 months to 3 years old. Parents will be in the water with their child learning songs that teach the child to use and develop their fine motor skills and work on necessary water safety skills such as; reaching for the wall, exploring arm and leg motions, blowing bubbles, and opening eyes underwater. This class will teach both parent and child to become comfortable in the water at a young age.

Beginner Level One Lessons:

Kids beginning at 3 years old will learn safety skills including; using a life jacket, calling for help, identifying lifeguards, and entering and exiting the water safely. Kids will learn to open their eyes underwater and blow bubbles with their mouth while reaching for a submerged object. An instructor will assist the kids with floating on their front and back, along with rolling over from front to back and back to front. The kids will begin to learn arm and leg movements to front and back crawl.

Beginner Level Two Lessons:

Kids will learn how to move in the

water with the life jacket on, and step or take a small jump into the water. Kids will be able to identify lifeguards, call for help and exit the water safely. Kids will learn to float on their front and back, and roll over, without assistance. They will learn new skills such as; gliding on their front and back with and without kicking, swimming front and back crawl, and swimming on their side using arm and leg movement. In chest deep water the kids will learn to use their arms and legs to successfully tread water.

Stroke Development Level 3:

Swimmers will learn to breath on their side while swimming front crawl, glide on their front and back using two different types of kicks, change from a horizontal to vertical position on their front and back, and how to shallow dive while sitting on the wall. The kids will learn to properly swim front and back crawl, butterfly kick with the arm motions and swimming on their side.

Stroke Development Level Four:

Kids will learn and be able to perform; Shallow water diving, swimming underwater, swimming front and back crawl, butterfly, breaststroke, side stroke, elementary backstroke, and treading water using a sculling motion and three different kicking motions.

High School Development:

High School age swimmers wanting to work on stroke technique in a small group with qualified instructors. Swimmers may work on; open turns, flip turns, breathing off the wall, and stroke technique and drills to help better their swimming potential.

Developmental Team:

Skillful swimmers who can efficiently swim all required strokes in level four. These swimmers will learn and execute

open turns and flip turns while using them in their strokes. Swimmers will work on breathing skill, while swimming and coming off the turns, and begin to build endurance to prepare for swim team.

Swim Program

All swim lesson sessions are organized in two week increments. Classes are set up by skill level, not necessarily age. There is a certain criteria each individual swimmer must meet in order to advance to the next level of swimming. Please understand each child does not develop at the same rate. If a child is unable to meet every criteria set for the level, regardless of the reason, we will ask for the child to repeat the class until the child can adequately perform each necessary skill. This is our way to ensure each child is able to learn the most out of each session.

Lacey Nickell

Aquatics Director

As a competitive swimmer for nine years, I started teaching swim lessons in 2006. I am WSI, CPR, AED, and first aid certified by the American Red Cross. I began my coaching experience when I was in high school volunteering with special Olympics and the Boys and Girls club. I was a volunteer coach all four years of high school, and became a certified coach in 2008 by the state of Florida. I have coached swimming for two years from ages 6 months through adults.

Our coaching staff is WSI and CPR certified through the American Red Cross. Each coach has a strong work ethic and extensive background in working with children.