

SWIM LESSONS

CLASS DESCRIPTIONS

Parent & Child Aquatic Program (ages 6 months to 2 years)

Parent or guardians are required to be in the water with the child. Parents receive information and techniques to orient their child to the water and to supervise water activities.

Preschool Aquatic Program (ages 3 years to 5 years)

This class is designed for a child who has little or no previous experience with water adjustment skills, is reluctant to enter the water or submerge, requires flotation support at all times or may benefit from parental presence. Skills to be taught:

- Water entry & adjustment- exploring the pool
- Swimming on Front & Back- float, glide, leg action & combined stroke on front
- Breath Control- bubbles, underwater exploration
- Changing directions- front to back, back to front
- Personal Safety- using a life jacket, basic safety skills
- Water Exit

Level 1 - Introduction to Water Skills (ages 6 years and up)

There are no pre-requisites for this course. The class is designed to help students feel comfortable in the water and enjoy the water safely. Skills to be taught:

- Basic water safety rules
- Using a life jacket
- Submerging mouth, nose and eyes
- Opening eyes underwater and picking up submerged object
- Swimming on front and back using arm and leg actions
- Recognizing a swimmer in distress and getting help
- Exhaling underwater
- Floating on front and back.

Level 2 - Fundamental Aquatic Skills (ages 6 years and up)

Students must be able to complete skills for Level 1 as prerequisite. The objective of this class is for the student to be able to propel themselves through the water with coordinated arm and leg movement on the front and back. Skills to be taught:

- Moving in the water while wearing a life jacket
- Submerging entire head
- Front and back glide
- Treading water using arm and leg motions
- Recognizing a swimmer in distress and getting help
- Bobbing in water
- Jellyfish float
- Swimming using combined stroke on front and back.

Level 3—Stroke Development (ages 6 years and up)

Students must be able to complete skills for Level 2 as prerequisite. This level is designed to build on the skills learned in Level 2. Skills to be taught:

- Reaching assist
- Submerging and retrieving an object
- Front and back glide
- Front and back crawl
- Kneeling or standing dive
- Rotary breathing in horizontal position
- Survival float, back float
- Butterfly-kick and body motion.

Level 4 - Stroke Improvement (ages 6 years and up)

Students must be able to complete skills for Level 3 as prerequisite. This level is designed to build on the skills learned in Level 3. Skills to be taught:

- Breaststroke
- Butterfly
- Elementary Backstroke
- Sidestroke legs
- Building Endurance

Swim Team (ages 6 years and up)

Join the Swim Team for coaching and development of your four basic swim strokes (Freestyle, Breaststroke, Butterfly and Backstroke). You must be able to swim one length of the pool (25 yards) without stopping to join. Practice times vary from pool to pool. **Swim Meets: District Meet – July 7th, Regional Meet – July 14th, Citywide Meet, July 21st.**

Adult Swim Lessons (ages 13 years and up)

This class is designed for all levels of adult swimmers. For those that are fearful of the water to those that want to improve their strokes or build endurance.