

Swimming Lessons

Learn to Swim
Begin about 5-6 years old
40 minute Classes
Parent participation is NOT required

The purpose of this course is developing positive attitudes, good swimming habits and safe practices in and around the water while developing participants' confidence in swimming strokes and swimming without support. There are 6 levels in this course

Level 1

Children will learn the following objectives:

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Level 2

Children will build upon skills learned in Level 1 and in addition will learn the following objectives:

- Enter water by jumping in
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Change direction of travel while swimming on front or back
- Finning arm action
- Learn how to stay safe, including recognizing an emergency and know how to perform simple non-swimming assists

Level 3

Children will build upon skills learned in Levels 1 and 2, and in addition will learn the following objectives:

- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Change from vertical to horizontal position on front and back
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

Level 4

Children will build upon skills learned in Levels 1, 2 and 3, and in addition will learn the following objectives:

- Headfirst entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Level 5

Children will build upon skills learned in Level 1, 2, 3, and 4, and in addition will learn the following objectives:

- Shallow-angle dive from the side and continue into front stroke
- Tuck and Pike surface dives
- Refinement on strokes
- Sculling

Level 6 – Fitness Swimmer

Children will build upon skills learned in Levels 1, 2, 3, 4 and 5, and in addition will learn the following objectives:

- Increase endurance in all strokes:
 - Front crawl – 100 yards
 - Back crawl – 100 yards
 - Butterfly – 50 yards
 - Elementary backstroke – 50 yards
 - Breaststroke – 50 yards
 - Sidestroke – 50 yards
- Demonstrate open and/or flip turns for the strokes listed above
- Discuss and demonstrate how to use:
 - Pull buoy
 - Fins
 - Pace clock
 - Paddles
- Describe principles for setting up a fitness program

