

# Aquatics - Swim Lesson Descriptions

Level Tad: Tadpoles - Parent & Child Level 1 - Objectives: Introduce children to swimming and water safety and lay a foundation for future learning. Parents are taught how to properly support and guard their children in an aquatic environment.

Skills:	All skills done with parental support	Explore the pool (in water and out)	Submerging mouth, nose and eyes
	Getting wet with toys and by kicking	Front and back floats and glides	Safe entries and exits from water
	Blowing bubbles on surface	Basic water safety	Passing from instructor to parent

Level Pol: Pollywogs - Parent & Child Level 2 - Objectives: Explore basic water skills and safety. Transition to independence from parents.

Skills:	Explore the pool (shallow water)	Open eyes and retrieve submerged object	Safe water entry and exit
	Roll from front to back, back to front	Float and Glide on front and back	Open eyes underwater
	Arm action - alternating or simultaneous	Leg action - alternating or simultaneous	Explore swimming without a parent present

Level Min: Minnows - Objectives: Build on skills learned in Pollywogs by providing additional guided practice at slightly more proficient levels and greater distances.

Skills:	<i>All skills are performed independently</i>	Open eyes and retrieve submerged object	Blow bubbles through mouth and nose
	Roll from front to back, back to front	Float and Glide on front and back	Explore treading water
	Arm action - alternating or simultaneous	Leg action - alternating or simultaneous	Basic water safety

Level 1: Introduction to Water Skills - Objectives: Learn personal water safety skills, feel comfortable in the water and enjoy water safely.

Skills:	Enter and Exit the water safely	Swim on front and back using arms and legs	Blow bubbles through mouth and nose
	Glide, float and recover on front and back	Open eyes and retrieve submerged object	Explore treading water
Swim Test:	1. Enter the water independently, using either the ladder, steps or side. Swim at least 5 yards, bob 3 times, then safely exit the water. 2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.		

Level 2: Fundamental Aquatic Skills - Objectives: Further develop arm and leg action, lay foundation for future strokes.

Skills:	<i>In addition to all Level 1 skills:</i>	Swim on front and back using combined strokes	Fully submerge and hold breath
	Tread water, 15 seconds	Enter by stepping or jumping from side	Change direction of travel
Swim Test:	1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back float for 5 seconds, return to vertical. 2. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back float for 15 seconds, roll to front and continue swimming for 5 body lengths.		

Level 3: Stroke Development - Objectives: Swim the Front Crawl and Elementary Backstroke, introduce Dolphin and Scissor kicks and head-first diving.

Skills:	<i>In addition to all Level 2 skills:</i>	Swim Elementary Backstroke, 15 yards	Head-first entry from seated position
	Tread water, 30 seconds	Explore Dolphin and Scissor kicks	Head-first entry from kneeling position
Swim Test:	1. Jump into deep water from side, swim Front Crawl for 15 yards, maintain position by treading water for 30 seconds and swim Elementary Backstroke for 15 yards, changing position as necessary.		

Level 4: Stroke Improvement - Objectives: Improve skills and increase endurance. Learn Sidestroke, Breaststroke and explore Butterfly Stroke.

Skills:	<i>In addition to all Level 3 skills:</i>	Swim underwater, 3-5 body lengths	Head-first entry in stride position
	Tread water, 2 minutes	Breaststroke and Sidestroke, 15 yards	Head-first entry in compact position
Swim Test:	1. Perform feet-first entry into deep water, swim Front Crawl 25 yards, perform open turn, swim Elementary Backstroke 25 yards. 2. Perform Breaststroke for 15 yards, perform open turn, swim Back Crawl for 15 yards.		

Level 5: Stroke Refinement - Objective: Refine performance of all strokes, increase distances, introduce flip turns.

Skills:	<i>In addition to all Level 4 skills:</i>	Front flip turn	Shallow-angle dive from side
	Tread water, 5 minutes	Sculling	Surface dives
Swim Test:	1. Perform a shallow-angle dive, swim Front Crawl for 50 yards, performing flip turns as necessary, swim Elementary Backstroke for 50 yards. 2. Swim Breaststroke for 25 yards, perform flip turns as necessary, swim Back Crawl for 25 yards.		

Level 6: Swimming and Skill Proficiency

6 & Up Skills:	Objective: Refine strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including Water Safety, Junior Lifeguard and Lifeguard Training courses.		
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SA Special Apples (SA)

All Ages Skills:	Special time is set aside for individuals with developmental disabilities. The objective of this course is to help students to become more comfortable in the water and enjoy it safely. One attendant per participant is required in the water (must be 18 or over). Maximum of 3 students per class.		
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## Swim Lesson Descriptions - Continued

Ages 18 & Up Adult: (AD)

**Skills:** This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to become more comfortable in the water and enjoy it safely. Class is two Saturdays for 1 hour.

### Saturday Swim Lessons

2 Saturday Lessons (1 hour each)	Session A	Session B	Session C	Session D	Session E
	5/21 & 5/28 Fee: \$25	6/4 & 6/11 Fee: \$25	6/18 & 6/25 Fee: \$25	7/9 & 7/16 Fee: \$25	7/23 & 7/30 Fee: \$25
9:00 - 10:00 am	AD	AD	AD	AD	AD
9:40 - 10:15 am	Min Tad Pol	Min Tad Pol	Min Tad Pol	Min Tad Pol	Min Tad Pol

### Swim Lessons 2016 (Mon - Fri)

	Session 1 5/16 - 5/27 Mon - Fri \$35	Session 2 5/30 - 6/10 Mon - Fri \$35	Session 3 6/13 - 6/24 Mon - Fri \$35	Session 4 6/27 - 7/8 Mon - Fri \$32 no class 7/4	Session 5 7/11 - 7/22 Mon - Fri \$35	Session 6 7/25 - 8/5 Mon - Fri \$35	Session 7 8/8 - 8/19 Mon - Fri \$35	
9:40 - 10:15 am		Pol Min L1 L1 L2 L4 SA	Tad Min L1 L1 L2 L3 L6	Pol Min L1 L1 L2 L2 L4	Tad Min L1 L2 L3 L4 L5	Pol Min L1 L1 L3 L4 L6		
10:20 - 10:55 am		Tad Min L1 L1 L2 L3 L5	Pol Min L1 L1 L2 L3 L5 L4	Tad Min L1 L2 L3 L4 L5 L6	Pol Min L1 L2 L3 L4 SA	Tad Tad Min L1 L2		
11:00 - 11:35 am		Pol Min L1 L1 L2 L3 L4	Tad Min L1 L2 L3 L4 L1	Pol Min L1 L1 L2 L3 L5	Tad Min L1 L2 L3 L4 L6			
11:40 am - 12:15 pm		Tad Min L4 L1 L2 SA	Pol Min L1 L1 L2 L3	Tad Min L1 L2 L4 SA	Pol Min L1 L2 L3 L4			
4:15 - 4:50 pm	Tad Min L2 L1 L3 SA	Pol Min L1 L3 L4 L6	Tad Min L1 L1 L2 L3	Pol Min L1 L2 L3 L4	Tad Min L1 L2 L3 L4	Pol Min L1 L2 Min L4	Tad Min L1 L2 L6 L5	
4:55 - 5:30 pm	Pol Min L1 L2 L3 L5	Tad Min L1 L1 L2 L3	Pol Min L1 L5 L2 L4	Tad Min L1 L2 L3 L5	Pol Min L1 L1 L2 L5	Tad Min L1 L2 L3 L5	Pol Min L1 L3 L4 L2	
		M/W/F Only Fee \$25.00	M/W/F Only Fee \$25.00	M/W/F Only Fee \$25.00	M/W/F Only Fee \$22.00	M/W/F Only Fee \$25.00	M/W/F Only Fee \$25.00	M/W/F Only Fee \$25.00
5:55 - 6:30 pm	Tad Min L1	SA Min L1	SA Min Pol	Tad Min L1	Pol Min L1	Tad Min L1	Tad L1	
6:35 - 7:10 pm	L3 L2 L4	L5 L2 L4	L2 L3 L4	L5 L2 L3	L4 L2 L3	L3 L4 L2	L2 L3 L4	
7:15 - 8:10 pm	Pol L6 L5	L3 L2 L1	Min L2 L1	Min L2 L1	Pol SA L1	Min SA L1		