

Aquatics - Swim Lesson Descriptions

Lessons for Children Under 5

Level Tad: Ages 6 mo-2	<u>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.</u>		
Skills:	All skills done with parental support Getting wet with toys and by kicking Blowing bubbles on surface	Explore the pool (in water and out) Front and back floats and glides Basic water safety	Submerging mouth, nose and eyes Safe entries and exits from water Passing from instructor to parent
Level Pol: Ages 2-4	<u>Pollywogs - Parent & Child Level 2 - Objectives: Explore basic water skills and safety. Transition to independence from parents.</u>		
Skills:	Explore the pool (shallow water) Roll from front to back, back to front Arm action - alternating or simultaneous	Open eyes and retrieve submerged object Float and Glide on front and back Leg action - alternating or simultaneous	Safe water entry and exit Open eyes underwater Explore swimming without a parent present
Level Min: Ages 2-4	<u>Minnows - Objectives: Build on skills learned in Pollywogs by providing additional guided practice at slightly more proficient levels and greater distances.</u>		
Skills:	<i>All skills are performed independently</i> Roll from front to back, back to front Arm action - alternating or simultaneous	Open eyes and retrieve submerged object Float and Glide on front and back Leg action - alternating or simultaneous	Blow bubbles through mouth and nose Explore treading water Basic water safety

Lessons for Children 5 & Up

- **To determine the best level for your child**, read the “Exit Skills” listed for each level. If your child can do the exit skills listed, proceed to the next level. Once you reach a level that your child can no longer perform the exit skills, you have found their appropriate swim lesson level!
- **If your child can perform the exit skills** listed for each level, but still needs more instruction, we recommend Private Swim Lessons or the Apple Valley Swim Club (on page 4).

Level 1: Ages 5 & Up	<u>Introduction to Water Skills - Objectives: Learn personal water safety skills, feel comfortable in the water and enjoy water safely.</u>	
Exit Skills:	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: Ages 5 & Up	<u>Fundamental Aquatic Skills - Objectives: Further develop arm and leg action, lay foundation for future strokes.</u>	
Exit Skills:	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: Ages 6 & Up	<u>Stroke Development - Objectives: Swim the Front Crawl and Elementary Backstroke, introduce Dolphin and Scissor kicks and head-first diving.</u>	
Exit Skills:	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: Ages 6 & Up	<u>Stroke Improvement - Objectives: Improve skills and increase endurance. Learn Sidestroke, Breaststroke and explore Butterfly Stroke.</u>	
Exit Skills:	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: Ages 6 & Up	<u>Stroke Refinement - Objective: Refine performance of all strokes, increase distances, introduce flip turns.</u>	
Exit Skills:	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.	



Swim Fair - May 4!

First day of registration for summer swim lessons

Lessons begin May 20



- Apple Valley Residents 7:30 - 10:00 am
- Non-Residents can register at 9:00 am or whenever the Apple Valley line is empty
- Proof of residency required (I.D. and utility bill)
- Only a parent or legal guardian can register children for classes - no exceptions
- NO refunds, transfers or credits
- Line will form in between Town Hall and the Police Department
- **Can't make it to Swim Fair? We have you covered - Online registration will open at 12:00 pm on May 4.**

Swim Lessons 2019 (Mon - Fri)

	Session 1 5/20 - 5/31 Mon - Fri \$38.00	Session 2 6/3 - 6/14 Mon - Fri \$38.00	Session 3 6/17 - 6/28 Mon - Fri \$38.00	Session 4 7/1 - 7/12 Mon - Fri \$35 no class 7/4	Session 5 7/15 - 7/26 Mon - Fri \$38.00	Session 6 7/29 - 8/9 Mon - Fri \$38.00	Session 7 8/12 - 8/23 Mon - Fri \$38.00	
9:05 - 9:35 am		L1 L2 Min L3 Tad	L1 L2 L3 L4 Min Tad	Min L1 L2 L3 Pol	Min L1 L2 L3 Pol			
9:40 - 10:10 am		L1 L3 Min Pol L1	L1 L2 L3 Min L1 Pol	Min L1 L2 L3 L4	Min L1 L2 L3 L4			L1 Pol Min L2
10:15 - 10:45 am		L1 L2 L4 Min Tad	L1 L2 L3 Pol Min Tad	Min L1 L2 L3 Pol	Min L1 L2 L3 Pol			L1 Tad Min L2
10:50 - 11:20 am		L1 L3 Pol Min L2	L1 L1 L2 L3 Min Pol	Min L1 L2 L4 Tad	Min L1 L2 L4 Tad			
11:25 - 11:55 am		L1 L2 Tad Min L4	L1 L1 L2 L3 Min	Min L1 L2 L3 Tad	Min L1 L2 L3 Tad			
6:15 - 6:45 pm		L1 Pol L4	L1 L2 L3 L4	Min L1 L2 Tad	Min L1 L2 Tad	L1 Pol L1 L2	L1 L3 L2 L1	
6:50 - 7:20 pm								
	M/W/F Only Fee \$26.00	M/W/F Only Fee \$26.00	M/W/F Only Fee \$26.00	M/W/F Only Fee \$26.00	M/W/F Only Fee \$26.00	M/W/F Only Fee \$26.00	M/W/F Only Fee \$26.00	
4:30 - 5:00 pm	Min L1 Tad L2 L3	L1 L5 Min L2	L1 L1 L2 L5 Min	Min L1 L5 Pol L2	Min L1 L5 Pol L2	L1 Tad Min L2		
5:05 - 5:35 pm	Min L1 Pol L2 L4	L4 L2 Tad Min	L1 L3 L4 L5 Min	L2 L1 L3 L5 Min	L2 L1 L3 L5 Min	Min L4 L2 Min	L1 L4 Tad Min	
5:40 - 6:10 pm	Min L1 Tad L2 L5	Min L1 L3 L4 Pol	L1 L2 Min Pol L4	L2 L1 L4 L5 Tad	L2 L1 L4 L5 Tad	Min L5 L1 L4	L1 L2 Pol Min	