

Swim Lessons 2011

Tadpoles - Parent and Child Level 1 (Tad)

Ages 6 months - 2 years

Getting wet with toys	In and out of water exploration	Blowing bubbles on the surface
Getting wet kicking	Underwater exploration	Front and Back float
Enter/Exit water with help, or by walking in	Passing from instructor to parent	Safety rules

Pollywogs - Parent and Child Level 2 (Pol)

Ages 2 - 4

Exploring the pool (shallow water)	Open eyes under water, retrieve object	Combined arm and leg action on front and back
Bobbing	Roll over from front to back, back to front	Passing between adults
Enter/Exit water independently	Perform front and back glide	Safety rules

Minnows - Preschool Aquatics (Min)

Ages 2 - 4

Open eyes under water, retrieve object	Combined arm and leg action on front and back	Jump into water alone and swim back to wall
Turn front to back/back to front	Learn correct kicks with kick board	Swim 5 yards on front (rolling on back to breathe)
Enter/Exit water using ladder, steps or side	Prone/supine float for 10 seconds, unaided	Safety rules

Teen Lessons (TB)

Ages 13 - 17

Teens will learn breathing, floating, water safety, stroke readiness and stroke development. Teen lessons are designed with "menu" options. Class is 2 Saturdays for 1 hour.

Adult Lessons - Terrified of water (AD1)

Ages 18 & Over

This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to feel and become more comfortable in the water and enjoy water safety. Class is 2 Saturdays for 1 hour.

Adult Lessons - Not so terrified of water (AD2)

Ages 18 & Over

This class marks the introduction of true swimming strokes, sound watermanship and complete independence is achieved in this level. Class is 2 Saturdays for 1 hour.

Rays - Special Apples (Ray)

Ages 18 & Over

A special time is set aside for adults with developmental disabilities. Maximum of 3 students per class. Class is 2 Saturdays for 1 hour.

Pikes - Special Apples (Pike)

Ages 5 - 10

A special time set aside for children with developmental disabilities. Children learn to feel comfortable in the water and to swim to safety. Maximum of 3 students per class. Class is 2 Saturdays for 1 hour.

Eels - Special Apples (Eel)

Ages 11 - 15

A special time set aside for children with developmental disabilities and a friend. Class is designed after the parent & child class. Maximum of 3 students per class. Class is 2 Saturdays for 1 hour.

Proof of Residency is required for Apple Valley Residents

Registration for summer swim lessons will begin on Saturday, June 11 at the Town Hall Council Chambers. Only a parent or legal guardian can register children for classes. Free child care will be provided in the Recreation Center and includes crafts and games for the younger set while you wait to register them for their swim lessons. Please bring a picture I.D. and a bill, both with the correct address as proof of residency

Please remember to enroll carefully as there are ***NO refunds, credits or transfers.***

When: Saturday, June 11

Time: Residents: 7:30 - 11:30 am

Non-residents will be able to register on Monday, June 13th at 7:30am

*Swim
Fair*

Swim Lessons 2011

Level 1 - Introduction to Water Skills (L1)

Ages 5 and over

Purpose: Helps students feel comfortable in the water. Level 1 participants learn to:

Enter and exit water safely	Open eyes underwater, pick up submerged object	Swim on front and back using arm and leg motions
Exhale underwater through mouth and nose	Float on front and back	Follow basic water safety rules
Front and back glide	Explore arm and hand movements	Use a life jacket

Level 2 - Fundamental Aquatic Skills (L2)

Ages 5 and over

Purpose: Gives students success with fundamental skills. Level 2 participants learn to:

Enter water by stepping or jumping from the side	Float on front and back	Swim on front and back using combined strokes
Exit water using ladder or side	Perform front and back glide	Tread water using arm and leg motions
Submerge entire head	Roll over from front to back, back to front	Move in the water while wearing a life jacket

Level 3 - Stroke Development (L3)

Ages 6 and over

Purpose: Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:

Jump into deep water from the side	Perform front and back glide	Tread water, 30 seconds (deep water)
Dive from kneeling or standing position	Perform front and back crawl	Perform a reaching assist
Submerge and retrieve an object	Perform elementary backstroke	Use Check-Call-Care in an emergency
Use rotary breathing in horizontal position	Bob with the head fully submerged	Dolphin- kick and body motion

Level 4 - Stroke Improvement (L4)

Ages 6 and over

Purpose: Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:

Perform from stride position	Perform butterfly stroke	Perform feet-first surface dive
Perform front and back crawl	Perform sidestroke	Perform compact jump into water
Perform elementary backstroke	Tread water using 2 different kicks, 2 minutes	Perform a throwing assist
Perform breaststroke	Perform front and back stroke flip turns	Survival swimming

Level 5 - Stroke Refinement (L5)

Ages 6 and over

Purpose: Provides further coordination and refinement of strokes. Level 5 participants learn to:

Tread water, 5 minutes	Standard scull, 30 seconds	Perform sidestroke
Perform shallow-angle dive	Perform front flip turn and backstroke flip turn	Perform breaststroke
Perform front and back crawl	Perform elementary backstroke	Perform rescue breathing
Perform butterfly stroke	Perform shallow dive, and begin front stroke, glide body lengths	

Level 6 - Swimming and Skill Proficiency (L6) Ages 6 and over

Purpose: Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each

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