
Parent / Toddler

The purpose of this course is to familiarize young children to the water and prepare them for future swim lessons. It is not designed to teach children to become good swimmers or to survive in the water on their own. Parent or other caregiver must accompany each child into the water and participate in each class. Ages 18 to 36 months.

Learning Objectives:

- Learn to ask for permission before entering the water
- Learn to expect adult supervision when near water
- Learn how to enter and exit the water in a safe manner
- Glide on the front and back with assistance
- Feel comfortable in the water
- Explore submerging to the mouth, nose and eyes completely
- Explore buoyancy on the front and back position
- Change body position in the water with support
- Learn basic water safety rules and how to avoid water hazards around the home

Preschool

The purpose of this course is to orient preschool-age children to the aquatic environment and to help them acquire rudimentary levels of basic aquatic skills. Designed for ages 3 to 4.

Learning Objectives:

- Enter and exit water using ladder, steps or side
 - Blow bubbles through mouth and nose
 - Submerge mouth, nose and eyes
 - Open eyes under water and retrieve submerged objects
 - Front and back glides and recover to a vertical position
 - Back float and recover to a 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
 - Learn how to stay safe, including recognizing an emergency and knowing how to call for help
 - Learn how to stay safe in, on and around the water
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Level 1—Introduction to Water Skills

The purpose of this course is to help participants begin to develop positive attitudes, good swimming habits, and safe practices in and around the water. Designed for ages 5 and up.

Learning Objectives:

- Enter and exit water using ladder, steps or side
 - Blow bubbles through mouth and nose
 - Bobbing
 - 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 water using 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
 - Learn how to stay safe, including recognizing an emergency and how to call for help
 - Learn how to stay safe in, on and around the water, including sun safety
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Level 2—Fundamental Aquatic Skills

The purpose of this course is to give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position. Participants must have successfully completed a Level 1 course or demonstrate all required components of the Level 1 course. Designed for ages 6 and up.

Learning Objectives:

- Enter and exit water by stepping or jumping from side
 - Fully submerge and hold breath
 - Bobbing
 - Open eyes under water and retrieve submerged objects
 - Front, jellyfish and tuck floats
 - Front and back glides and floats
 - Recover to vertical position
 - Roll from front to back and back to front
 - Change direction of travel while swimming on front or back
 - Tread water using arm and hand actions
 - Combined arm and leg actions on front and back
 - Finning arm action
 - Learn how to stay safe, including recognizing an emergency and knowing how to call for help and perform simple non-swimming assists
 - Learn how to stay safe in, on and around the water, including recognizing lifeguards and sun safety
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Level 3—Stroke Development

The purpose of this course is to build on the skills in Level 2 by providing additional guided practice in deeper water. Must have successfully completed a Level 2 course or demonstrate all required components of the Level 2 course. Designed for ages 6 and up.

Learning Objectives:

- Enter water by jumping from side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Open eyes under water and retrieve submerged objects
- Survival Float
- Back Float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Learn to look carefully before entering the water
- Learn to perform simple non-swimming assists
- Learn to recognize, prevent and respond to cold water emergencies

Level 4—Stroke Improvement

The purpose of this course is to develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills. Must have successfully completed a Level 3 course or demonstrate all required components of the Level 3 course. Designed for ages 6 and up.

Learning Objectives:

- Headfirst entries from the side in compact and side positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using two different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Flutter and dolphin kicks on back
- Learn to look carefully before entering the water
- Learn what to think about and do when exhausted or caught in a dangerous situation
- Learn to perform simple non-swimming assists
- Learn about recreational water illnesses and how to prevent them