

## **GROUP SWIM LESSONS**

We offer Group Swim Lessons throughout the summer season. Sessions are two weeks in duration. Classes meet Tuesdays through Fridays, for a total of 8 classes per Session. Each class is 30 minutes long (25 minutes of class time, 5 minutes for student/parent questions with the instructor).

To find the right class for your swimmer, please read through the following course descriptions.

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### **PARENT / TODDLER (AGES 18-36 MONTHS)**

A child's first introduction to water. Designed for children 18 months to 36 months and their parents or guardians. This class will show you how to teach your child the fundamentals of swimming in a fun and safe atmosphere. You will learn how to hold your child in the water so that they are comfortable to experiment, and how to use basic cues that your child will understand. All children must wear swim diapers, if not potty trained. One parent or guardian must be in the water for the duration of the lesson.

### **PRESCHOOL AQUATICS SWIM LESSONS (AGES 3-5 YEARS)**

Participants are taught basic aquatic safety and survival skills. They are also encouraged to gain greater independence and increase their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. This level focuses on independence in and around the water without the help of a parent or life jacket.

Successful completion of Preschool Aquatics includes the following:

- Glide on front for at least two body lengths,
- Stroll to back from front.
- Floating on back for 15 seconds, then recover to a vertical position.
- Glide on back for at least two body lengths, roll to front, and then recover to vertical position.
- Swim using combined arm and leg actions on front for at least three body lengths.

### **LEVEL 1 – INTRO TO WATER SKILLS (AGES 6 AND UP)**

Participants will learn how to feel comfortable in the water and safely enjoy it. They will be introduced to basic skills as the foundation for future skills and the development of water competency.

Successful completion of Level 1 includes:

- Enter independently, using the steps or side.
- Travel at least five yards, bob five times, then safely exit the water.
- Glide on front at least two body lengths, roll to a back float for five seconds, then recover to a vertical position.

## **LEVEL 2 – FUNDAMENTAL AQUATICS SKILLS (AGES 6 AND UP)**

Swimmers will begin to perform skills at a slightly more advanced level and begin to gain rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Successful completion of level 2 includes:

- Stepping from the side into chest-deep water.
- Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/or back for five body lengths and then exiting the water.
- Moving into a back float for 15 seconds, rolling to front then recovering to a vertical position.
- Pushing off and swimming using combined arm and leg actions on front for five body lengths.
- Rolling to back
- Floating for 15 seconds
- Rolling to front then continuing to swim for five body lengths.

## **LEVEL 3 – STROKE DEVELOPMENT (AGES 6 AND UP)**

Swimmers will learn to swim the front crawl and elementary backstroke at rudimentary levels, are introduced to the scissors and dolphin kicks, survival floats and increase their time duration for treading water. Swimmers also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside.

Successful completion of level 3 includes:

- Jump into deep water, head first entry from sitting or kneeling
- Submerging and retrieving an object
- Bobbing
- Survival float for 30 seconds
- Treading water for 30 seconds
- Front crawl 15 yards, butterfly 15 feet, back crawl 15 yards
- Safe diving

## **LEVEL 4 – STROKE IMPROVEMENT (AGES 6 AND UP)**

Swimmers will improve the technical aspects of their strokes for increased efficiency when swimming.

Instructors will focus on increasing endurance and introducing new strokes. Skills covered include breaststroke and sidestroke, turns at wall, and water safety skills.

Successful completion of level 4 includes:

- Diving
- Underwater swimming
- Feet-first surface dive
- 1 minute of survival floating
- Treading and back floating
- 25 yards of front crawl, breaststroke and back crawl
- 15 yards of butterfly and elementary backstroke and sidestroke