

The **Learn-to-Swim** curriculum is designed to cover skills in a logical progression for optimal development. Each stage is challenging, but individualized so students gain confidence in their own abilities. Class sizes range from 3 to 10 individuals per instructor with a minimum of 3 for preschool classes and 4 for all other classes. All lessons are 30 minutes in length.

TIPS: For lessons, arrive promptly and prepared to swim. Know your instructor's name. Take the time to evaluate the program and instructor. Practice makes perfect!

Parent and Child classes

(6 months up to 4 year olds)

Parent participation is required.

LEVEL 1 - (6 months to 24 months)

Skills: To introduce the parent and the child to the pool environment with guided instructor activities allowing the parent to work with the child on the techniques and water safety skills.

LEVEL 2 - (24 months to 48 months)

Skills: To continue the development of basic skills while focusing on the age appropriate skills progression and water safety knowledge.



4 - 5 YEAR OLD CLASSES

NOTE: *The skills listed are those taught during a session. If a child can complete the listed skills, they should be placed in the next level.*

Preschool 1. To enter the water independently, blow bubbles for 3 seconds and exit water. Assisted front/back float, retrieve submerged objects, front /back glides, body rolls, arm/leg motions and basic water safety rules. All skills performed with assistance.

Preschool 2. Glide on front at least 2 body lengths, rolling over from front to back and float for 15 seconds, unassisted glides on front/back, treading water, combined movements with arms/legs on front & back and continued basic water safety rules.

Preschool 3. All skills are done independently. Unassisted front/back float for 15 seconds with a recovery to a vertical position. Combined arm and leg actions on front for 5 body lengths and treading water.

6 YEARS AND OLDER CLASSES

NOTE: *The skills listed are those taught during a session. If a child can complete the listed skills, they should be placed in the next level.*

Level 1. Enter/exit water independently, bob 5 times and retrieve object. Glide on front/back at least 2 body lengths with a recovery to vertical position, tread water, and swim on front/back with simultaneous arm/leg motion, alternating arm/leg action and basic water safety skills. Some skills performed with assistance.

Level 2. Step into chest deep water, hold breath for 10 seconds, bob 10 times, rotary breathing 5 times. Front/back glide 2 body lengths, front/back floats for 10 seconds and recover to vertical position. Finning arm/leg action and basic water safety skills. Some skills performed with assistance.

Level 3. Jump into deep water from side, 15 bobs, rotary breathing 15 times, survival float 30 seconds. Change from vertical to horizontal position, tread water, swim front crawl for 15 yards, elementary backstroke for 15 yards, breaststroke kick 15 yards, scissor kick 15 yards and basic water safety skills. Skills performed independently.

Level 4. Headfirst entry into deep water, swim underwater 3-5 body lengths, surface dive and survival swim for 1 minute. Front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim back crawl for 15 yards. Skills performed independently.

Level 5. Perform shallow angle dive into deep water, swim front crawl, elementary backstroke, 50 yards, swim breaststroke, butterfly, back crawl and side stroke for 25 yards, scull for 30 seconds, front and open turns, tread water and general safety rules.

Level 6. Swim 100 yards continuously using front crawl, elementary backstroke, back crawl, breaststroke, and sidestroke for 50 yards of each stroke. Perform surface dives, practice flip turns for strokes and continued work on diving skills.

Learn to Swim Session Fees include a total of 8 – 30 minute classes.

Registration begins December 26 and runs through January 3.

Session Fee: \$60.00 first child

\$55.00 additional family members

LEARN-TO-SWIM