

Parent and Child Aquatics Class

Developed for children 6 months to 3 years of age, the purpose of Parent & Child Aquatics is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water. **NOTE: Parent or caregiver must accompany each child into the water. Children ready to learn without a parent or caregiver should enroll in an appropriate class listed below.**

Preschool Aquatics

Designed for children 4 and 5 years old, the Preschool Aquatics classes will familiarize participants to the aquatic environment and help them acquire rudimentary, basic aquatic skills. This class will help participants begin to develop positive attitudes and safe practices in and around water.

Level 1

- 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
- Combined arm and leg actions on front and back

Level 2

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Learn-to-Swim Classes

Required Minimum Age: Students must be 6 years old by the start of the session in which they are enrolled. Prerequisites: The successful completion of the preceding level, except for Level 1, which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

Level 1 — Introduction to Water Skills – Skills will be performed with assistance.

Helps participants feel comfortable in the water

- 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

Level 2 — Fundamental Aquatic Skills

Gives participants success with fundamental skills

- Enter and exit water by stepping or jumping from the 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 leg actions
- Combined arm and leg actions on front and back
- Finning arm action

Level 3 — Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water

- Enter water by jumping from the side
- Head first entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- 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

Level 4 — Stroke Improvement

Develops confidence in the skills learned and improves other aquatic skills

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Level 5 — Stroke Refinement

Provides further coordination and refinement of strokes

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

Level 6 — Swimming and Skill Proficiency

Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances