

Swimming Class Skills

Parent & Child (6mos to 3yrs)

Parent and child learn together through two fun-filled levels to increase child's comfort in the water and build a foundation of basic aquatic and water safety skills

Level 1

Introduces basic skills, including safety topics to parent and child.

- Learn how to enter and exit water in a safe manner
- Feel comfortable in the water
- Explore submerging mouth, nose and eyes
- Change body position in the water
- Learn how to play safely

Plus age-appropriate water safety topics

Level 2

Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills

- Explore submerging in a rhythmic pattern
- Perform combined stroke on front and back with assistance
- Change body position in the water
- Experience wearing a U.S. Coast Guard-approved life jacket in water

Preschool Aquatics (4yrs to 5yrs)

Three fun, age appropriate levels teach basic aquatic safety and survival skills to increase child's comfort level in and around the water

Level 1

Orients child to the aquatic environment and helps them gain basic aquatic skills.

- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

Level 2

Helps child gain greater independence in their skills and develop more comfort in and around water.

- Enter water by stepping in
- Exit water using ladder, steps or side
- Change direction of travel while swimming on
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- 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
- Plus age-appropriate water safety topics

Level 3

Helps child start to gain basic swimming propulsive skills to be comfortable in and around water.

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Back float and glide
- 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

Learn to Swim (6yrs to adults)

Four progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills

Level 1 (Intro to water skills)

Helps participants feel comfortable in water.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Tread water using arm and hand actions
- Combined arm and leg actions on front and back

Level 2 (Fundamental aquatic skills)

Gives participants success with fundamental skills.

- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Recover to vertical position
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back

Level 3 (Stroke development)

Builds on skills with practice in deeper water

- Enter water by jumping from the side
- Headfirst entries from side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Change from vertical to horizontal position on front and back
- Tread water

Level 4 (Stroke Improvement)

Develops on skills with practice in deeper water.

- Headfirst entries from side in compact and stride positions
- Swim under water
- Feet first surface dive
- 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