

## Class Descriptions and Skills

### **Parent-Tot class (children ages 1-3 years old)**

The emphasis of this program is to help young children relate to the water with comfort, to build self-confidence and to have fun. Children and parents will sing songs and play games that introduce basic skills such as blowing bubbles, floating and kicking. We require that one parent/guardian enter the water with each child. Children who wear diapers outside of the water must wear water diapers while in the pool.

### **Level 1: Starfish**

The objective of Level 1 is to help students feel comfortable in the water and enjoy the water safely. The student learns elementary swimming skills including water adjustment, buoyancy, breath control, water entry and exit, and personal safety. The goal of this class is to complete the following skills:

- Enter and exit water safely
- Fully submerge face-3 seconds
- Hold breathe and fully submerge head with or without support
- Front float with support
- Back float with support
- Blowing bubbles
- Kicking on front with support
- Kicking on back with support
- Walk in chest deep water alternating arms
- Bounce up and down in chest deep water -5x

### **Safety Skills**

- Safety Awareness Skills
- How to get help
- Put on a lifejacket on deck and enter shallow water

### **Level 2: Jellyfish**

The objective of Level 2 is to give students success with fundamental skills. Students learn to float and glide on the front and back without support and are introduced to the arm action and kicking of the crawl stroke. The goal is to complete the following skills:

- Hold breathe and fully submerge head for at least 5 seconds
- Bob 5 times with head fully submerged
- Retrieve objects at arm's length away
- Flutter kick on front
- Flutter kick on back
- Front float unsupported - 5 seconds

- Back float unsupported -5 seconds
- Front glide in streamline with or without assistance -2 body lengths
- Back glide with hands at side with or without assistance -2 body lengths
- Flutter kicking and winging on back and/or elementary backstroke arms
- Stroking and Kicking on front (4 arm strokes with kicking and face in water)
- Roll over from front to back
- Orientation to deep water
- Sitting Dive

### **Safety Skills**

- Safety Awareness Skills
- How to recognize a swimmer in distress
- How to get help
- Wearing a life jacket in deeper water

### **Level 3: Goldfish**

The objective of level 3 is to build on the skills in Level 2 by providing additional guided practice. Students will learn to coordinate the crawl stroke with side breathing, backstroke, introduction to elementary backstroke, treading water, diving and safety rules. The goal is to complete the following skills:

- Retrieve object, eyes open, no support
- Bob 10 times with head fully submerged in chest deep water
- Front glide with push off in streamline
- Back glide with push off, hands at side
- Streamline kicking on front (3-5 body lengths)
- Streamline kicking on back with support (3-5 body lengths)
- Coordinate arm strokes and kicking with breathing to the side (10 yards)
- Coordinate Backstroke (10 yards)
- Intro to Elementary Backstroke (arms/legs)
- Jump into deep water from side of pool, change directions and recover to safety
- Kneeling dive from side of pool
- Treading water (30 seconds)

### **Safety Skills**

- Safety Awareness Skills including diving
- H.E.L.P in deep water with lifejacket
- Reaching assist to a distressed victim

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### **Level 4: Seahorse**

The objective of level 4 is to develop confidence in strokes learned thus far and improve other aquatic skills. Students will increase their endurance by swimming familiar strokes (elementary back, freestyle, back stroke) for greater distances than in level 3. Students will also have an introduction to Breaststroke and dolphin kick. The goal is to complete the following skills:

- \_\_\_ Deep water bobbing
- \_\_\_ Stride dive from a standing position
- \_\_\_ Streamline kicking on front with pop up
- \_\_\_ Streamline kick on back
- \_\_\_ Freestyle with side breathing across width of pool (12.5 yards)
- \_\_\_ Backstroke across width of pool (12.5 yards)
- \_\_\_ Elementary Backstroke (coordinate arms and legs)
- \_\_\_ Intro to Breaststroke (arms/legs).
- \_\_\_ Intro to dolphin kick
- \_\_\_ Swim underwater and retrieve object in deep end
- \_\_\_ Jump from side of pool into deep water, recover and swim for 10 yards
- \_\_\_ Tread water (45 sec.)

#### **Safety Skills**

- \_\_\_ Safety Awareness Skills
- \_\_\_ HELP position with a lifejacket
- \_\_\_ Throwing assists for drowning and distressed victims

### **Level 5: Dolphin**

The objective in Level 5 is coordination and refinement of key strokes. Students will perform the breaststroke and increase distances in the freestyle, backstroke and elementary backstroke. Students will be introduced to alternate side breathing and flip turns. The goal is to complete the following skills:

- \_\_\_ Shallow racing dive
- \_\_\_ Swim underwater in deep end (3-5 body lengths)
- \_\_\_ Freestyle with alternate side breathing

- \_\_\_ Freestyle (25 yards)
- \_\_\_ Backstroke (25 yards)
- \_\_\_ Elementary Backstroke across width of pool (12.5 yards)
- \_\_\_ Breaststroke (10 yards, coordinated stroke)
- \_\_\_ Intro to Butterfly (arms/legs)
- \_\_\_ Tread water (90 seconds)
- \_\_\_ Intro to flip turns (forward somersault while swimming)

#### **Safety Skills**

- \_\_\_ Safety Awareness Skills
- \_\_\_ Put on a life jacket tossed as a lifesaving measure in deep water
- \_\_\_ Huddle position with a lifejacket
- \_\_\_ Survival float (30 sec.)
- \_\_\_ Throwing assists for drowning or distressed victims

### **Level 6: Orca**

The objective of level 6 is to polish strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Students develop considerable endurance by the end of this course. The goal is to complete the following skills:

- \_\_\_ Retrieve a 10 pound block at the bottom of the pool 7-10 ft deep.
- \_\_\_ Swim 8 minutes non-stop with any combination of strokes.
- \_\_\_ 50 yards of freestyle, breathing every 3<sup>rd</sup> stroke
- \_\_\_ 50 yards of backstroke
- \_\_\_ 25 yards of breaststroke
- \_\_\_ 25 yards elementary backstroke
- \_\_\_ 12.5 yards of coordinated butterfly
- \_\_\_ Freestyle Flip turn
- \_\_\_ Kicking on side (right and left)
- \_\_\_ Simple freestyle drills (1 arm and catch-up)
- \_\_\_ Simple Backstroke drills (no arm, 6 kick and switch)

#### **Safety Skills**

- \_\_\_ Back float 2 minutes
- \_\_\_ Survival Float 1 minute
- \_\_\_ Lifeguard Stride jump
- \_\_\_ Throwing assist for drowning or distressed swimmers.