

Which class should I register my child in?

2010 Swim Lessons - Class Descriptions

Parent/Child Classes

Baby Bubblers Age(s) 6 - 18 months

This level is designed with an emphasis on safety, skills, comfort, fun, and parent participation. Additional instruction will be given on basic water skills that develop coordination and confidence in the water.

It is required for **at least one parent to participate in the water** with each child registered. Progression to the next level is determined by age.

Puddlejumpers Age(s) 19 - 36 months

This level will offer instruction on water exploration, bobbing, floating, gliding, and basic water skills. The main goal in this class is to instruct parent and guardians in effective ways to work with toddlers in the water.

It is required for **at least one parent to participate in the water** with each child registered. Progression to the next level is determined by age.

Preschool Classes

Rootin' Tootin Toddlers Age(s) 3 - 4 years

The goal of this level will build on water exploration and basic water skills. Bobbing, floating, gliding, and locomotion in the water.

The child should feel comfortable participating without the support of the parent. Progression to the next level is determined by age.

Preschool Paddlers Age(s) 4 - 5 years

This class is designed for students who have completed at least one session of beginning preschool classes or who is comfortable in the water. Progression to the next level is determined by **age and skill**.

- ◆ Submerge mouth, nose, and eyes
- ◆ Exhale underwater through mouth and nose
- ◆ Open eyes underwater, pick up submerged object
- ◆ Change direction while walking or paddling
- ◆ Roll over from front to back and back to front without support
- ◆ Explore floating on front and back without support
- ◆ Explore swimming on front and back using arm and leg actions without support

Learn to Swim Level Descriptions

Listed next are the **highlights** for each level. Please read carefully to help place your child in the appropriate level. Parents are encouraged to keep your child's **Certificate of Completion** to assist you in your next swim lesson session enrollment. Aquatics staff reserves the right to move children to another level if child lacks or exceeds the requirements for the level enrolled in.

Level 2: Fundamental Aquatic Skills Age(s) 6 yrs & up

- ◆ Blow bubbles submerging head in a rhythmic pattern (bobbing)
- ◆ Open eyes underwater, pick up a submerged object in shallow water
- ◆ Float on front and back without support
- ◆ Change direction on front or back without support
- ◆ Roll over from front to back, back to front without support
- ◆ Tread water
- ◆ Swim on front, back, and side using combined arm and leg actions without support

Level 3: Stroke Development Age(s) 6 yrs & up

- ◆ Jump into deep water from the side
- ◆ Submerge and retrieve an object in chest deep water
- ◆ Bob with head fully submerged
- ◆ Rotary breathing in horizontal position
- ◆ Perform front and back glide without support
- ◆ Float on front and back in deep water without support
- ◆ Change from horizontal to vertical position on front and back
- ◆ Tread water using hand and leg movements
- ◆ Perform front and back crawl with scissor kick without support
- ◆ Perform the dolphin - kick
- ◆ Perform elementary back stroke

Level 4: Stroke Improvement Age(s) 7 yrs & up

- ◆ Swim underwater
- ◆ Perform feet first surface dive
- ◆ Tread water using sculling arm motions and with different kicks
- ◆ Swim on side using scissors kick
- ◆ Front and back crawl
- ◆ Breaststroke
- ◆ Butterfly
- ◆ Elementary backstroke
- ◆ Perform open turns

Level 5: Stroke Refinement Age(s) 8 yrs & up

This level will NOT include diving.

- ◆ Will work on increasing distance swimming
 - ◆ Front and Back Crawl
 - ◆ Breaststroke
 - ◆ Butterfly
- ◆ Side stroke - arms and legs
- ◆ Survival swimming
- ◆ Work on flip turns

