

### **Parent & Child Aquatics Level 1 Water Babies**

Children 6 months to 18 months of age, accompanied in the water by a parent or guardian, will learn to: enter and exit the water safely, submerge face, blow bubbles with mouth and nose submerged, and float on front and back. Basic water safety topics will be introduced.

### **Parent & Child Aquatics Level 2 Toddler**

Children 18 months to 3 years of age, accompanied in the water by a parent or guardian, will build on and improve the skills introduced in *Parent & Child Aquatics Level 1* and learn to: enter water from various positions, glide on front and back with assistance, bob in the water, and change body position, exit pool without help. Additional water safety topics will also be covered.

### **Preschool Aquatics Level 1**

Children 4–5 years of age who are able to participate independently in the water will improve their water adjustment and learn to: enter and exit water using ladder; submerge mouth, nose and eyes; blow bubbles through mouth and nose for three seconds; tread water with arm and hand actions; and recover from a float to a vertical position; use arm and leg actions on front and back. Ways to be safe in the water will be discussed. Children will be encouraged to play on the elevated tot dock, a platform which allows them to stand in one-foot to two-feet of water.

### **Preschool Aquatics Level 3**

Children 4–6 years of age will learn to: enter water by jumping in, fully submerge and hold breath, bob ten times, float jellyfish style and tuck style for ten seconds, change direction of travel while swimming, and combine arm and leg actions on front and back for five body lengths, tread water for 30 seconds. The importance of water safety will be discussed. Children will be encouraged to play on the elevated tot dock, a platform which allows them to stand in one-foot to two-feet of water.

### **Learn to Swim Level 1 Introduction to Water Skills**

Children 6 years of age and older, or who have successfully completed *Preschool Aquatics Level 3*, will learn to: enter and exit water using ladder, open eyes under water and pick up submerged objects, float on front for five seconds, glide on front and back for two body lengths, roll from front to back and back to front, combine arm and leg actions on front and back, and tread water using arm and hand actions. Water safety topics will be covered.

### **Learn to Swim Level 2 Fundamental Aquatic Skills**

Children 6 years of age and older will learn to: step or jump from side into shoulder-deep water, glide and recover to vertical position without assistance, open eyes under water and retrieve objects, use finning arm action on back, and combine arm and leg actions on front and back for five body lengths, roll over and change directions. Water safety topics will be reviewed and discussed. *Learn to Swim Level 1* skills should be accomplished before enrolling in *Level 2*.

### **Learn to Swim Level 3 Stroke Development**

Children will learn: the front crawl for 15 yards, the elementary back stroke for 15 yards, back float for one minute, survival float for 30 seconds, rotary breathing, head-first entries, flutter and dolphin kicks for 3–5 body lengths after pushing off in a streamlined position on front, scissors kicks for ten yards, tread water for one minute. Additional water safety topics will be covered. *Learn to Swim Level 2* skills should be accomplished before enrolling in *Level 3*.

### **Learn to Swim Level 4 Stroke Improvement**

Swimmers will learn: headfirst entry into water, underwater swimming for 3–5 body lengths; feet-first surface dive; survival swimming for one minute; front crawl and backstroke open turns; breast stroke, side stroke, and butterfly each for 15 yards; flutter and dolphin kicks on back for 3 to 5 body lengths; and treading water using two different kicks. Water safety topics will be reviewed and discussed. *Learn to Swim Level 3* skills should be accomplished before enrolling in *Level 4*.

### **Learn to Swim Level 5 Stroke Refinement**

Swimmers will coordinate and refine all strokes including front crawl and elementary backstroke for 50 yards; back crawl, butterfly, breast stroke, and side stroke each for 25 yards; front flip turn and back flip turn; standard scull movement for 30 seconds; shallow-angle dive from side of pool; shallow dive and glide for two body lengths. All water safety topics will also be reviewed. *Learn to Swim Level 4* skills should be accomplished before enrolling in *Level 5*.

### **Learn to Swim Level 6 Fitness Swimmer**

Having completed *Learn to Swim Level 5* skills, you are now ready for the highest *Learn to Swim* level. Refine competitive strokes and endurance to swim with more ease, efficiency, power, and smoothness over a greater distance. *Level 6* is recommended for those currently on or interested in a competitive swim club or team. This level is being offered as individual swim lessons.