

Help Guide for Swim Lessons

With all the different “levels” of swim lessons that we offer, it can be a little confusing about which one is right for you or your child. This Guide will help you answer that question. **Rule of Thumb: It’s better to “under-estimate” you or your child’s swimming ability than to over-estimate. It feels so much better to move up a level than to be moved down a level.**

Adult/Tot (3 & 4 year olds): Parent Assisted Water Acclimation

Purpose: This class is for children 3 and 4 years of age who are not yet ready to be in swim lessons without a parent. The program builds swimming readiness while emphasizing fun in the water. Parents & children participate in guided sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more. Once children can perform basic skills without parental assistance, they may move onto lessons that do not require parental assistance.

Pre-School 1 (4 & 5 year olds only): Water Acclimation

Purpose: This class is for 4 or 5 year olds to become acclimated to water who have little or no swimming ability. Water safety and water exploration are the main objectives. In order to register for this class, children must be able to be unassisted in the water and comfortable without a parent.

Pre-School 2 (4 & 5 year olds): Basic Aquatic Skills

Purpose: Entry level swimming for 4 & 5 year olds who pass Pre-School 1. This class is intended for children who are comfortable and have had experience in the water and who are able to build their basic aquatic skills. Intended for children who have had experience in the water.

Pre-School 3 (4 & 5 year olds): Independent Water Skills

Purpose: A more proficient level swimming for 4 & 5 year olds who pass Pre-School 2. This class is intended for children who are comfortable and have had experience in the water and who are able to build on their previous knowledge. Intended for children who have had experience in the water with previous lessons.

Level 1 (6 - 17 years): Entry Level Swimming

Purpose: Entry level swimming for 6 year olds or 4 & 5 year olds who pass Pre-School 2. This class is intended for children who are comfortable and have had experience in the water and who are able to build their basic aquatic skills that will help them get into the Level 2 Learn-to-Swim program. Intended for children who have had experience in the water. Students learn how to jump in, front, back and jellyfish floats, and emphasis on swimming on the front and back for greater distances.

Level 2 (6 - 17 years): Fundamental Aquatic Skills

Purpose: Gives students independent success with fundamental skills.

Prerequisites: To register for Level 2, participants must already possess the following swimming skills:

- Enter water unassisted and travel 5 yards in the water. The child may walk, “doggie paddle”, or swim but they must be unassisted during this time.
- Glide on front at least 2 body lengths (supported); roll to a back float for 3 seconds (supported); and recover to a vertical position (supported).
- Bob 3 times to eye level and safely exit the water.

Level 2 participants will learn to:

- Enter water independently, jumping from the side, in chest deep water
- Exit water safely using ladder or side
- Swim on side
- Submerge entire head, at least 5 seconds
- Rhythmic pattern of exhaling while head is submerged (bobs)
- Open eyes underwater, pick up a submerged object, at least 3 times in shallow water
- Float on front and back unsupported
- Perform front and back glide, unsupported
- Roll over from front to back, back to front
- Swim on front and back using combined strokes, at least 15 feet unsupported
- Treading using arms and legs unsupported in chest-deep water



Level 3 (6 - 17 years): Stroke Development

Purpose: Builds on skills from Level 2 & develops strokes through additional guided practice.

Prerequisites: To register for Level 3, participants must already possess the following swimming skills:

- Without assistance, step from side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return standing position, then move to back float for 5 seconds and return to a standing position.
- Push off & swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

Level 3 participants learn:

- Jump into deep water from the side
- Dive from kneeling or standing position, in water at least 9 feet deep
- Perform front & back float at least 30 seconds
- Submerge and retrieve an object
- Bob with the head fully submerged, chest deep
- Perform front & back glide w/2 different kicks
- Use rotary breathing in horizontal position
- Perform front and back crawl, 15 yards
- Butterfly - kick and body motion, 15 feet
- Perform the HELP and Huddle position
- Change from horizontal to vertical position on front and back
- Water safety rules, perform a reaching assist



Level 4 (6 - 17 years): Stroke Improvement

Purpose: Develops confidence and strength to improve skills learned and introduces new aquatic skills.

Prerequisites: To register for Level 4, participants must already possess the following swimming skills:

- Jump into chest-deep water from the side, swim front crawl for 15 yards w/ face in the water breathing (to front or side), maintain position by treading or floating for 30 seconds, back crawl for 15 yards.

Level 4 participants learn to:

- Shallow dive or dive from stride position, in at least 9 feet of water
- Swim underwater, 3 body lengths
- Front and back float, survival float, 1 minute
- Perform feet-first surface dive
- Perform open turn on front/back using any stroke
- Tread water using sculling arm motions and various kick, 1 minute
- Use safe diving rules, water safety rules, perform a throwing assist
- Care for conscious choking victim
- Perform compact jump a height while wearing a life jacket
- Perform the following:
 - o Front and back crawl, 25 yards
 - o Breaststroke & Elementary backstroke, 15 yards
 - o Butterfly, 15 yards
 - o Swim on side w/scissors kick, 15 yards

What's Next?



The Blue Fins - our FUN recreational swim team! This is a 10-week swimming program that is designed for members age 5 -18 years old who are at Swim Levels 2-4 who are looking for a fun way to swim with friends! The swim team is designed for participants to be a part of a fun and encouraging experience. Emphasis is placed on building skills and friendships. Swim team participants must turn age 5 by June 1st and must be a Member of the Recreation Center (League Rules).