

SWIM LESSONS

Beginner I :

Children must be potty trained
Children must be able to stand in 3 ft. of water with head above water
Must be comfortable getting into pool without parent/guardian

Children will learn

To move comfortably along the wall without holding on
To blow bubbles with mouth and face in water, progressing to "bobbing"
To glide off steps to instructors arms (head out and in water)
To float on stomach and back with little support
To go under water
To kick holding on wall and kickboard
To use arms to pull/push water

Test

Children will be tested on all the above listed skills and expected to do them comfortably. Intention of this level is to introduce children to the water and increase their comfort level, enabling them to be successful in Beginner II. Learning to swim on their own is encouraged, but not required for movement to next level next year.

Beginner II :

Must be able to do most things in Beginner I, especially put face in/glide off steps.

Children will learn

To glide off steps in "rocketship" position
To swim freestyle with proper side-breathing technique
Improve breath control by learning to bob in water
To float on stomach and back, rolling from one to the other without assistance
To kick while floating on stomach/back
To swim in deep water for a short distance

Test

Includes swimming along side wall of pool across from slide until beginning of 3 ft. area, stopping no more than once. Children are encouraged to swim on their own. Children will also be tested on their ability to float on their stomach and back without assistance, and bob 10 times in a row, breathing correctly.

Adv. Beginner:

Children must be able to swim across pool using freestyle

Children will learn

To swim elementary backstroke and breast stroke
To dive correctly

Test

Includes swimming from one side of the pool to the other using freestyle, elementary Backstroke, and breast stroke, plus diving.

Intermediate:

Children will learn

To swim regular backstroke and breast stroke
Continue to work on freestyle and diving

Test

Must swim across pool using freestyle, regular backstroke, and breast stroke

Swimmer:

Must swim laps using all strokes, tread water, dive and retrieve blocks from diving area