**Swim Lesson Course Descriptions**

**Parent and Child Aquatics Level**

Some of the skills that will be

introduced are as follows:

* Enter and exit the water safely.
* Feel comfortable in the water.
* Submerge and explore breath control.
* Explore floating on the back and front.
* Change body position in the water.
* Play safely in the water.
* Experience wearing a life jacket.
* Learn more ways to enter and exit the water safely.
* Submerge in a rhythmic pattern.
* Glide on the front and back with assistance.
* Perform combined stroke on front and back with assistance.
* Change body position in the water.
* Experience wearing a life jacket in the water.

**Level 1—Introduction to Water Skills**

Your child is introduced to basic skills as

the foundation for future skills. Certain

milestones are necessary for successful

completion of Level 1, including—

* Entering the water independently using ladder, steps or side.
* Traveling at least 5 yards, bobbing 3 times then safely exiting the water.
* Gliding on front supported at least 2 body lengths.
* Rolling to a back float for 3 seconds with support.
* Recovering to a vertical position with support.
* It is common for children to participate

**Level 2**

Level 2—Fundamental Aquatic Skills

builds on skills learned in Level 1.

Some of the milestones that are necessary for successful completion of Level 2 include—

* Stepping from the side into chest-deep water.
* Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position.
* Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position.
* Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front then continue swimming for 5 body lengths.

**Level 3– Stroke Development**

In Level 3, some of the milestones include—

* Jumping into deep water from the side.
* Swimming the front crawl for 15 yards.
* Maintaining position by treading or floating for 30 seconds.
* Swimming the elementary backstroke for 15 yards.

**Level 6 - Personal Water Safety (Session 3)**

The expectations are quite high in

regards to distance and quality.

Additionally, in Personal Water Safety,

you learn more complex safety skills that

may help you survive in an emergency.

Some of these skills include—

* Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
* Jumping into deep water and performing a survival float for 5 minutes.
* Rolling onto back and performing a back float for 5 minutes.

**Level 6 – Fundamentals of Diving (Session 2)**

participants learn some basics of

competitive diving.

Some of the milestones include:

* Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
* Performing a two-part takeoff with a feet first entry from a 1-meter diving board.
* Performing a two-part takeoff with a head first entry from a 1-meter diving board.

**Level 6 – Fitness Swimmer (Session 1)**

Some of the milestones in Level 6—

Session 1 - Fitness Swimmer

* Swimming 500 yards continuously using any 3 strokes of choice, swimming at least 50 yards of each stroke.
* Demonstrating turns while swimming.
* Demonstrating etiquette in fitness swimming.
* Demonstrating various training techniques.
* Calculating target heart rate.
* Demonstrating the principles of setting up a fitness program.
* Performing the Cooper 12-minute swim test, and comparing results with the pre-assessment results.
* Performing a surface dive, retrieving an object from the bottom of the pool at a depth of 7–10 feet, returning to the surface and returning to the starting point.

**Level 5 – Stroke Refinement**

some of the milestones in Level 5 include—

* Performing a shallow-angle dive into deep water.
* Swimming the front crawl for 50 yards.
* Swimming the elementary backstroke for 50 yards.
* Swimming the breaststroke for 25 yards.
* Swimming the back crawl for 25 yards.

**Level 4 – Stroke Improvement**

some of the milestones in Level 4 include—

* Swimming the front crawl for 25 yards.
* Swimming the elementary backstroke for 25 yards.
* Swimming the breaststroke for 15 yards.
* Swimming the back crawl for 15 yards.
* Open turns on the front and back.