

SWIMMING CLASS DESCRIPTIONS

Water Babies & Aqua Tots w/parent (6 months-4 years of age)

This program is intended to develop a comfort level in young children in and around the water, as well as a readiness for learning to swim. This class promotes water safety knowledge and practices, aquatic adjustment and swimming readiness skills, fun and enjoyment in the water, participation socialization, and parental involvement. The key to the program is having fun. This program is a water orientation program designed to teach you the parent how to work safely and effectively with your infant/toddler and to teach you basic water safety and self help skills.

*This class is for any child 6 months-4 years of age that may need a parent in the water.

Pre School I w/Bubble (3 years of age on)

These children all use 3 bubbles. This is a beginner class. Children must be able to touch the ground. We emphasize on water adjustment, supported movement with flotation devices, and water safety skills. This class works on water exploration, floating, gliding, and kicking on fronts and backs. Most of these children are timid on their backs and majority of these children are still very timid when in the water.

Pre School II w/Bubble (3 years of age on)

Most of these children use 2 Bubbles while in the pool. These children are quite comfortable in the water. Many of these children can jump in, glide on their front or back, front or back float, and swim on their fronts and especially their backs. This is a more advanced bubble class.

Pre School w/out Bubble

This is for any child who may need 1 Bubble to swim the length of the pool. These children can swim small lengths by themselves and can swim all by themselves on their backs. Children will experience water adjustment and independent propulsive swimming movements. Children will practice combined skills for basic swimming strokes in preparation for Red Cross beginner swimming progression.

Level 1

Elementary aquatic skills are taught. These children can swim at least ½ the pool by themselves without support. The following is worked on in level 1: Water entry and exit independently, breath control and underwater swimming independently, buoyancy on front and back supported, changing of direction and position, treading water movements with and with out support, and bobbing under water.

Level 2

These children can swim the length of the pool. The following is worked on in level 2. Water entry and exit independently, breath control and underwater swimming independently, buoyancy on front and back unsupported, changing of direction and position, Floating unsupported on front and back, treading water movements with out support, swimming on fronts and backs unsupported, and bobbing.

Level 3

This is an advanced class, which works on the main strokes. The object of this level is to build on the skills in level 2 by providing additional guided practice. Children are taught to coordinate the front crawl and back crawl, rotary and rhythmic breathing, treading water for 30 seconds in deep water, butterfly, breaststroke, and scissor kick and much, much more!

Level 4

The objective of level four is to develop confidence in the strokes learned and to improve other aquatic skills. Children will increase their endurance by swimming familiar strokes for example: (Treading water 1 minute, Back stroke, Front crawl, Breast stroke, Butterfly, Elementary back stroke and side stroke)