

## LEARN TO SWIM PROGRAM COURSE DESCRIPTIONS

The Learn to Swim Program is geared for children 5 years and older. In Levels 3-6, child must be able to stand unassisted in 3 feet of water.

Please read through the swim class level descriptions to determine the best level for your child. Children must be able to complete all skills identified in the level description to move on to the next level. If your child took Learn to Swim classes with us last year, we have their record on file. Please contact the Park-Rec Office via email or by calling 563-382-4158 to verify which level is appropriate for your child.

### LEVEL 1 (INTRODUCTION TO WATER SKILLS)

**Helps participants feel comfortable in the water.**

- Enter and exit water independently, using a ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

### LEVEL 2 (FUNDAMENTAL AQUATIC SKILLS)

**Gives participants success with fundamental skills.**

- Stepping or jumping from the side into chest-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Finning arm action on back

### LEVEL 3 (STROKE DEVELOPMENT)

**Builds on Level 2 skills with additional guided practice in deeper water.**

- Jump into deep water from the side, fully submerge and return to side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Swimming the front crawl for 15 yards
- Swimming the elementary backstroke for 15 yards
- Flutter, scissors and dolphin kicks
- Push off in streamlined position on front, then begin kicking

### LEVEL 4 (STROKE IMPROVEMENT)

**Develops confidence in skills learned and improves other aquatic skills.**

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming
- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

### LEVEL 5 (STROKE REFINEMENT)

**Provides further coordination and refinement strokes.**

- Performing a shallow-angle dive into deep water
- Tuck-surface dive, pike-surface dive
- Tread water for 5 minutes, tread water using legs only for 2 minutes
- Sculling for 30 seconds
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front and back flip turns

### LEVEL 6 (SWIMMING AND SKILL PROFICIENCY)

**Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.**

- Surface dive and retrieve object from the bottom 7-10'
- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming