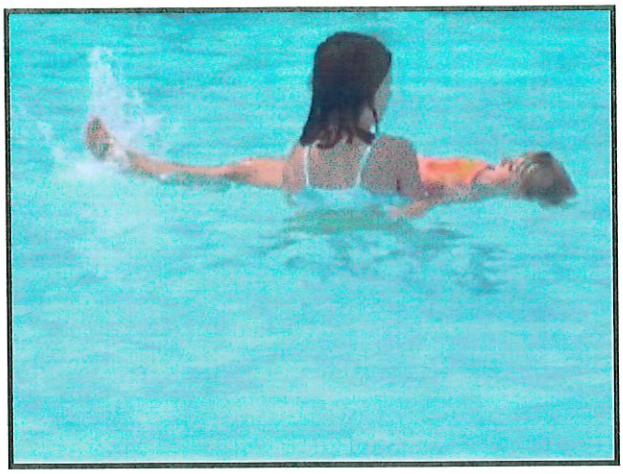
2025 SWIM CLASSES : LEVELS 1- 3

CLASSES ARE LIMITED AND FILLED ON A FIRST COME FIRST SERVED BASIS

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.



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.

- Enter water by stepping/jumping from the side into shoulder deep water
- Exit water using ladder, steps or side from chest-deep water
- Fully submerge and hold breath 20 seconds
- Bobbing 10 times in chest deep water
- Rotary Breathing 5 times
- Front/Back glide 2 body lengths
- Float in face down position 10 seconds and recover to standing
- Back float 15 seconds in chest-deep water
- Recover from face/back to vertical position in chest-deep water
- Roll Front/back and Back/Front
- Change direction while swimming
- Tread Water 15 seconds in shoulder-deep water
- Combined arm/leg actions on front and back 5 body length
- Finning arm action on back 5 body lengths

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
- Change position from vertical/horizontal and horizontal to vertical
- Swim breaststroke for 15 yards
- Flutter, scissors, and dolphin kicks for 15 yards

2025 SWIM CLASSES : LEVELS 4- 6

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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
- 3-5 body lengths after swim underwater

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.

- Front Crawl - 100 yards
- Elementary backstroke - 100 yards
- Back crawl 50 yards
- Breastroke 50 yards
- Sidestroke 50 yards
- Butterfly, 50 yards
- Front Crawl/Back Crawl open turn while swimming
- Front Flip/Backstroke flip turns while swimming
- Butterfly/Breastroke turns while swimming
- Surface dive and retrieve and object from 7-10 feet of water
- Circle swimming
- Using a pace clock
- Using a pullbouy while swimming 25 yards
- Using fins/Paddles while swimming 25 yards
- Describe how to set up an exercise program
- Demonstrate various training techniques
- Calculate target heart rate
- Demonstrate aquatic exercise
- 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