

# Swimming Lessons at Simsbury Farms & Memorial Pool, Classes & Levels Descriptions

## Swimming Classes & Levels Descriptions

*Scroll down the page to view all the descriptions.*

**PARENT & CHILD;** This is a water adjustment program for parents with their pre-school children (Age 1 to 4 years.)

**SWIM READINESS - AGES 3 & 4;** This water adjustment and safety skills class is for ages 3 and 4 who are afraid of the water and of being in a group instructional situation. This class is held in the wading pool. The next level is Level 1.

### NEW RED CROSS LEARN TO SWIM PROGRAMS

The American Red Cross offers six comprehensive course levels that teach how to swim skillfully and safely. The prerequisite for each level is the successful completion and/or demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. The newly revised program will introduce some new skills at each level. Each level of Learn-to-Swim includes training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below:

**STUDENTS MUST BE 4 YEARS OLD AND BE ABLE TO PARTICIPATE IN A GROUP INSTRUCTIONAL SITUATION, TO ENROLL IN THE FOLLOWING CLASSES.**

**NOTE:** All swim lesson participants must be of the correct age or corresponding grade level by Dec. 31, 2008.

**SWIM LESSON REGISTRATION – WE STRONGLY DISCOURAGE SIGNING UP FOR MORE THAN ONE SESSION AT ONE TIME DUE TO POTENTIALLY PLACING YOUR CHILD IN THE WRONG LEVEL SHOULD THEY PASS/FAIL THE PRECEEDING CLASS. PROGRAM CREDIT ONLY WILL BE GIVEN.**

### Which Level is right for me or my child?

Choose the Learn-to-Swim level that best matches you or your child's "learn-to-swim" needs. Level 1 is for beginners with little or no experience in the water. To enroll into Levels 2-6, students must have completed or at least be able to confidently demonstrate the skills listed in the previous level, including the exit skill requirements. Use the learn-to-swim skills list as a guide to help you determine the appropriate level.

### My child completed a level from the "old" program, how will I know what new swim level to enroll into for the next lesson registration?

Each new Learn-to-Swim level will introduce new skills at each level while strengthening and enhancing current skills; therefore it is strongly recommended to repeat the same level "number" as the "old" program. For example if a child took and passed "Level 2 Primary Skills" (old 1992-2004 program), then the recommendation is to enroll into the new "Level 2 Fundamental Aquatic Skills". If you passed the "old" Level 6, then enroll into one or more of the two Level 6 options. You can also use the learn-to-swim skills list to help you determine the appropriate level.

### How many lessons will it take for my child to "swim"?

Learning skills varies among children. Readiness is influenced by physical development, previous experiences, home environment, parental attitudes and individual preferences. For most skills, there are simple prerequisites, activities and lead-ups that can prepare the child to perform those skills. It may take many lessons before a child can swim independently. Year-round practice, regular (supervised) exposure to water and positive encouragement are ways parents can help their child to progress. To make sure your child does learn to swim well, be sure they complete all of the learn-to-swim levels.

### Level 1: Introduction to Water Skills

**Purpose:** Helps students feel comfortable in the water. Level 1 participants learn to:

- Enter and exit water safely•
- Submerge• mouth (head) independently
- Exhale underwater through mouth and nose•
- Open eyes underwater, pick up submerged object, at least 2 times
- Float on• front and back with support
- Swim on front and back using arm/leg actions•
- Rollover front to back, back to front w/support•
- Treading – explore• arm and hand movements in chest-deep water
- Follow basic water safety• rules, helping others
- Use a life jacket•

**Level 1 Exit Skills Assessment:** 1) enter unassisted, move 5 yds, bob 5 times to chin level, safety exit water; 2) Float on front w/support for 3 seconds, assisted roll to back, assisted float on back for at least 3 seconds.

### Level 2: Fundamental Aquatic Skills

**Purpose:** Gives students independent success with fundamental skills. Level 2 participants learn to:

Enter water independently, jumping from the side, in chest deep water

Exit water safely using ladder or side

Swim on side

Submerge entire head, at least 5 seconds

Rhythmic pattern of exhaling while head is submerged (bobs)

Open eyes underwater, pick up a submerged object, at least 3 times in shallow water

Float on front and back unsupported

Perform front and back glide, unsupported

Roll over from front to back, back to front

Swim on front and back using combined strokes, at least 15 feet unsupported

Treading using arms and legs unsupported in chest-deep water

Water safety rules, helping others, swim while wearing a life jacket

**Level 2 Exit Skills Assessment:** 1) Without assistance, step from side into chest-deep water, move into front float for 5 seconds, roll over to a back float, return standing position, then move to back float for 5 seconds and return to a standing position; 2) Push off & swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

### Level 3: Stroke Development

**Purpose:** Builds on skills from Level 2 & develops strokes through additional guided practice. Level 3 participants learn:

Jump into deep water from the side

Dive from kneeling or standing position, in water at least 9 feet deep

Perform front & back float at least 30 seconds

Submerge and retrieve an object

Bob with the head fully submerged, chest deep

Perform front & back glide w/2 different kicks

Use rotary breathing in horizontal position

Perform front and back crawl, 15 yards

Butterfly - kick and body motion, 15 feet

Perform the HELP and Huddle position

Change from horizontal to vertical position on front and back

Water safety rules, perform a reaching assist

**Level 3 Exit Skills Assessment:** 1) Jump into chest-deep water from the side, swim front crawl for 15 yards w/ face in the water & rhythmic breathing (to front or side), maintain position by treading or floating for 30 seconds, swim back crawl for 15 yards.

### Level 4: Stroke Improvement

**Purpose:** Develops confidence and strength to improve skills learned and introduces new aquatic skills. Level 4 participants learn to:

Shallow dive or dive from stride position, in at least 9 feet of water

Swim underwater, 3 body lengths

Front and back float, survival float, 1 minute

Perform feet-first surface dive

Perform open turn on front/back using any stroke

Tread water using sculling arm motions and various kick, 1 minute

Use safe diving rules, water safety rules, perform a throwing assist

Care for conscious choking victim

Perform compact jump a height while wearing a life jacket

Perform the following:

\*Front and back crawl, 25 yards

\*Breaststroke & Elementary backstroke, 15 yds

\*Butterfly, 15 yards

\*Swim on side w/scissors kick, 15 yards

**Level 4 Exit Skills Assessment:** 1) Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2) Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

#### Level 5: Stroke Refinement

**Purpose:** Provides further coordination and refinement of strokes, swimming further distances. Level 5 participants learn to:

Tread water w/• two different kicks, 2 minutes

Learn survival swimming, 2 minutes•

• Survival floating, 2 minutes

Water safety, helping others, rescue• breathing

Perform the following:•

\*Standing dive, Shallow dive, glide two body l lengths and begin any front stroke

\*Sidestroke, elementary backstroke 25 yds

\*Tuck & pike surface dive

\*Front and back flip turns

\*Front and back crawl, 50 yards

\*Butterfly, breaststroke 25 yards

**Level 5 Exit Skills Assessment:** 1) Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull), and swim elementary backstroke for 25 yards; 2) Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50

#### Level 6: Swimming and Skill Proficiency

**Purpose:** Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is broken into two different classes each designed to focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

Level 6 A -• Personal Water Safety

Level 6 B - Lifeguard Readiness•

Both classes include these endurance skills & turns:

Front and back crawl, 100♣ yards

Breaststroke, 50 yards♣

Sidestroke and butterfly, 50 yards♣

Elementary backstroke, 50 yards♣

All open turns and flip turns while♣ using swimming strokes

**Level 6 Exit Skills Assessment:** For each class, a specific set of exit skill assessments are given, but both of the options will require a continuous, 500 yard swim.

#### LIFEGUARD TRAINING- Fee: \$140 (includes Standard First-Aid and CPR courses)

This is the Red Cross course to become a Lifeguard. Prerequisites 1.– Swim 500 yards continuously using these strokes in the following order – 200 yards of front crawl using rhythmic breathing and a stabilizing kick – 100 yards of breaststroke – 200 yards of either front crawl or breaststroke. These 200 yards may be a mixture of front crawl and breaststroke. 2.- Swim 20 yards using front crawl or breaststroke surface dive to a depth of 7 to 10 feet, retrieve a 10 pound object, return to the surface, and swim 20 yards back to the starting point with object. This course is held at the Simsbury Farms Pool. Candidates must be 15 years of age by the end of the class to enroll.

Sec A. 6/27-7/15 Mon-Fri 8:30-10:30AM

Sec B. 7/25- 8/12 Mon-Fri 8:30-10:30AM

#### LEARN TO SWIM – 12 years - adult

This basic swimming program is for adult beginners wishing to learn to swim. There are four 2-week sessions held Monday - Thursday at Simsbury Farms from 12:30-12:55PM . Fee: \$30 per session.