

2017 Swimming and Water Safety

Learn-to-Swim Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills. The prerequisite for each level is the successful completion and/or demonstration of the skills from the preceding level, except for Parent and Child and Level 1, which have no prerequisite.

Parent and Child Aquatics (6 months to approximately 4 years)

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.

(6 months – 3 years)

Provides experiences and activities for children to:

- Learn how to enter and exit the water in a safe manner.
- Feel comfortable in the water.
- Explore submerging to the mouth, nose and eyes and fully submerging.
- Explore buoyancy on the front and back position.
- Change body position in the water.
- Learn how to play safely.

(2 years– 4 years)

Builds upon the skills learned in Level 1 and provides experiences and activities for children to:

- Learn more ways to enter and exit the water in a safe manner.
- Explore submerging in a rhythmic pattern (bobbing)
- Glide on the front and back with assistance.
- Perform combined stroke on front and back with assistance.
- Change body position in the water.

Swim Readiness – Ages 2 & 3 – Introduce children to the water and group instructional situation

Participants learn to

- Adjustment to class situation w/o parent
- Puts face in water
- Blow bubbles in water
- Explores deeper water with assistance
- Explores floating and kicking on front and back
- Water safety rules

Level 1—Introduction to Water Skills –Students can be 3 years old to enroll, however the child must be able to participate in a group instructional situation

Helps participants feel comfortable in the water.

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

- Alternating and simultaneous arm and leg actions on back
- Combined arm and leg actions on front and back
- Plus age-appropriate water safety topics

EXIT SKILLS

1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position.

STUDENTS MUST BE 4 YEARS OLD TO 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 by Dec. 31, 2017.

Level 2—Fundamental Aquatic Skills

Gives participants success with fundamental skills.

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Back glide and recover to a vertical position
- Front glide and recover to 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 and back
- Finning arm action
- Plus age-appropriate water safety topics

EXIT SKILLS

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

Level 3—Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Back float
- Survival float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter and dolphin kicks on front
- Scissors and breaststroke kicks
- Front crawl and elementary backstroke
- Plus age-appropriate water safety topics

EXIT SKILLS

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 60 seconds, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Level 4—Stroke Improvement

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

- Headfirst entries from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Survival swimming
- Open turns on front and back
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Plus age-appropriate water safety topics

EXIT SKILLS

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater, return to the surface, then exit the water

Level 5—Stroke Refinement

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Plus age-appropriate water safety topics

EXIT SKILLS

1. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Level 6—Personal Water Safety

To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. To teach students how to prevent aquatic emergencies in various aquatic environments. To introduce and practice self-rescue techniques

- Treading water for an extended amount of time
- Tuck, Pike and Feet First surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Survival Floating and Swimming
- Plus age-appropriate water safety topics

EXIT SKILLS

1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7 to 10 feet, return to surface and return to starting point.

Junior Lifeguarding (Prerequisite – Passed Level 6)

This course provides participants with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. It also prepares participants for aquatic emergencies by teaching them how to protect themselves while assisting others. This course will prepare your child to take the Lifeguard Training class when they reach 15.