



DESCRIPTIONS OF SWIM LEVELS

WATER BUGS

Water Bugs is a separate class where the parent and child learn together through skills, toys and songs. The parent learns to be safe in, on and around the water while having fun with their infant/toddler (6 months to 2 ½ yrs.). The skills learned provide the child with an appreciation of the water, a great bonding time with parent(s), and the beginnings of a multi-level program.

PRESCHOOL BEGINNER/ADVANCED BEGINNER

Our program for toddlers and preschoolers (2 ½ through 5 years) will promote water safety knowledge and practices, aquatic adjustment, and swimming readiness skills, fun and enjoyment in the water, participant socialization, and parental involvement.

The program is intended to develop in young children a comfort level in and around the water, as well as a readiness for learning to swim. This program is *not* designed to teach children to become accomplished swimmers or even to survive in the water on their own. It *will*, however, provide you with the necessary knowledge and skills to orient your child to the water and to safely supervise all water activities.

The key to the program is its emphasis on having *fun*. Enjoyment is essential to learning, especially for young children. So, an environment is created that is active, stimulating, play orientated, and safe. The emphasis is on the development of a warm and trusting relationship between parents, children, and the Instructor. This relationship serves as the basis for learning.

LEVEL 1: WATER EXPLORATION

The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely. In Level 1, we teach elementary Aquatic Skills, which students build on as they progress through each level. At this level, the students also starts to develop good attitudes and safe practices in, on and around the water. Some students will have some experience with the water and may begin at a higher level.

LEVEL 2: PRIMARY SKILLS

The objective to level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills and adds to the self-help and basic rescue skills begun in Level I. This swimmer is *not* afraid to go under the water.

LEVEL 3: STROKE READINESS

The objective to Level 3 is to build on the skills in Level 2 by providing additional guided practice. I teach students to coordinate the front crawl, back crawl, and underwater swimming. The elementary backstroke and the fundamentals of treading water may be introduced. As in all levels, we present additional safety skills.

LEVEL 4: STROKE DEVELOPMENT

The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (elementary backstroke, front crawl, and back crawl) for greater distances than at Level 3. The breaststroke, sidestroke, and the basics of turning at a wall may be introduced.

LEVEL 5: STROKE REFINEMENT

The objective of Level 5 is coordination and refinement of keystrokes. The butterfly, open turns, and the feet-first surface dive are introduced. Participants learn to perform the front crawl and back crawl for increased distances and to perform the sidestroke and breaststroke.

LAP CLASS

The objective of the Lap Class is to develop confidence, endurance, refinement, and competitive swim team skills for those students who are interested in swim team or students who want to become stronger swimmers. These classes are concentrated and structured for the more advanced swimmer.