

Swimming Class Skills

Parent & Child (6mos to 3yrs)

Parent and child learn together to increase child's comfort in the water and build a foundation of basic aquatic and water safety skills

Introduces basic skills, including safety topics to parent and child.

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

Plus age-appropriate water safety topics

and

Depending on age and skill level of child:

- Explore submerging in a rhythmic pattern
- Experience wearing a U.S. Coast Guard-approved water safety life jacket

Preschool (4yrs to 5yrs)

Age appropriate skill to teach basic aquatic safety and survival skills to increase child's comfort level in and around the water

Orients child to the aquatic environment and helps them gain basic aquatic skills.

- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Alternating and simultaneous arm actions on front and back

- Combined arm and leg actions on front and back
- Enter water by stepping in
- Exit water using ladder, steps or side
- Change direction of travel while swimming on
- Bobbing
- Make sure child is familiar with approved life jacket and water safety

Learn to Swim (6yrs to adults)

Progressive levels help swimmers six years and older develop their water safety, survival and their learn-to-swim skills

Level 1 (Intro to water skills)

Helps participants feel comfortable in water.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Tread water using arm and hand actions
- Combined arm and leg actions on front and back

Level 2 (Fundamental aquatic skills)

Gives participants success with fundamental skills.

- Open eyes under water and retrieve submerged objects
 - Front, jellyfish and tuck floats
- Recover to vertical position
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back

Level 3 (Stoke development)

Builds on skills with practice in deeper water

- Enter water by jumping from the side
- Headfirst entries from side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Change from vertical to horizontal position on front and back
- Tread water

Level IV Refines all skill and strokes learned through Level 3

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