

## Swim Lesson Level Descriptions

**TADPOLES 1** (6 Months to 3 Years): The maximum number of participants per class is 10.

This class is an introduction to the water for the toddler; parents enter water with the children. Water safety and cuing is emphasized in this class. Proper ways of entering and exiting the water as well as proper methods of water exploration are demonstrated. Class lasts 2 weeks (or 6 days), Tuesday through Thursday.

**TADPOLES 2** (3 and 4 year olds): The maximum number of participants per class is 10.

The method of learning through games is applied at this level. Children learn safety around the pool as well as water exploration. Getting the face wet and feeling comfortable in the water are the main goals for this class. Participants range in age from 3 – 4 years. Class lasts 2 weeks (or 6 days), Tuesday through Thursday.

**SEAHORSES** (5 to 7 years old): Maximum of 6 participants.

### Introduction to Water Skills

- Enter water safely using ladder, steps or side
- Exit water safely using ladder, steps or side
- Submerge mouth, nose and eyes
- Exhale underwater (blow bubbles) through mouth and nose, 3 seconds
- Open eyes underwater, pick up a submerged object held at arms-length, 2 times
- Front float, 5 seconds (with support)
- Recover from a front float to a standing position
- Back float, 5 seconds (with support)
- Recover from a back float to a standing position
- Change direction of travel while walking or paddling
- Roll over from front to back (with support)
- Roll over from back to front (with support)
- Alternating arm action back, 5 feet (with support)
- Alternating leg action back, 5 feet (with support)
- Combined stroke on back, using any type of arm and leg action, 5 feet (with support)
- Water safety rules
- How to use a life jacket
- Wearing a life jacket in the water
- How to get help
- Alternating arm action front, 5 feet (with support)
- Alternating leg action front, 5 feet (with support)
- Combined stroke on front, 5 feet

### Exit Skills Assessment

1. Enter unassisted, move for 5 yards, bob 5 times to chin level and safely exit the water.

2. Float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

**DOLPHINS** (6 to 10 years old): Maximum of 6 participants.

### **Fundamental Aquatic Skills**

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head, 5 seconds
- Bob, 5 times open eyes underwater
- Pick up a submerged object, 3 times in shallow water
- Recover from a front float to a standing position
- Front glide, 2 body lengths
- Jellyfish float, 5 seconds
- Recover from a back float to a standing position
- Back glide, 2 body lengths
- Change direction of travel paddling on front or back
- Roll over from front to back
- Roll over from back to front
- Tread water, using arm and leg motions
- Combined arm and leg actions on back, 15 feet
- Swim on side, alternating leg action, 5 feet (with support)
- Water safety rules
- How to use a life jacket
- Move in the water while wearing a life jacket
- How to get help
- Combined arm and leg actions on front, 15 feet
- Finning arm action on back, 10 feet
- Sculling arm action on back, 10 feet

#### Exit Skills Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position.
2. Push off and 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.

**SHARKS** (10 and Up): Maximum of 6 participants.

### **Stroke Improvement**

- Dive from side in a compact or stride position

- Swim underwater, 3 body lengths
- Perform a feet-first surface dive and submerge completely
- Back float, 1 minute, in deep water
- Open turn on front and push off in streamlined position
- Open turn on back and push off in streamlined position
- Tread water using modified scissors, breaststroke or rotary kick and sculling arm motions, 1 minute
- Back crawl, 25 yards
- Elementary backstroke, 15 yards
- Swim on side with scissors kick, 15 yards
- Additional rules for safe diving
- Care for conscious choking victim

### **Exit Skills Assessment**

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back for 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.