

SWIM LESSON INFORMATION

*Skills Learned information is an example of some of what participants will learn and does not include all the skills included in each level.

Course	Purpose	Requirements
Parent and Child Aquatics- Level 1: Introduction to Basic Skills 30 Minute Classes	-Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully. *Example of Skills Learned: Enter/Exit the pool safely, Feel comfortable in the water, How to change body position in the water, Water safety.	-Prerequisites: For Children ages 6 months to 3 years old
Parent and Child Aquatics- Level 2: Skill Development 30 Minute Classes	-Builds on the skills introduced in Parent and Child Aquatics Level 1. Participants improve on Parent and Child Level 1 skills and learn more advanced skills. *Example of Skills Learned: Learn more ways to enter the water, Explore Submerging in a rhythmic pattern, Glide on front and back with assistance, Water safety.	-Prerequisites: Recommended for Children ages 18 months to 3 years old who have completed Parent and Child Aquatics Level 1.
Preschool-Level 1: Introduction to Water Skills 40 Minute Classes	-Familiarize children between the ages of 4 and 5 to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants develop positive attitudes and safe practices in and around water. *Example of Skills Learned: With assistance- Blow Bubbles, Glides on front and back, Swim on front, Swim on back, Water safety.	-Prerequisites: No skill prerequisites, child must be 4-5 years old. May be 3 years old, if they can pass all the exit skills of Parent and Child Aquatics Level 2 and have a WSI teacher approval. -Next Level: Preschool-Level 2 or if participant turns 6 then they will go to Level 1.
Preschool-Level 2: Fundamental Aquatic Skills 40 Minute Classes	-Increase proficiency and build on the basic aquatic skills learned in Pre-Level 1. Reinforce water safety concepts and skills introduced in earlier level and introduce additional water safety topics. *Example of Skills Learned: With assistance- Breath Control, Floating on front and back, Change Direction and Position, Water safety.	-Prerequisites: Child must be 4-5 years old. Successful demonstration of the Preschool Level 1 exit skills assessment -Next Level: Preschool-Level 3 or if participant turns 6 then they will go to Level 2.
Preschool-Level 3: Independent Aquatic Skills 40 Minute Classes	-Increase proficiency in performing previously learned skills. Improve coordination, control, and learn to perform the skills independently. *Example of Skills Learned:Independently- Enter water, Bobbing, Floats, Treading, Rotary Breathing, Water Safety.	-Prerequisites: Child must be 4-5 years old. Successful demonstration of the Preschool Level 2 exit skills assessment -Next Level: Once the participant is 6 years old, and they have completed the Preschool Level 3 exit skills, they then can go to Level 3.
Level 1: Introduction to Water Skills 40 Minute Classes	-Orient participants to the aquatic environment and help them gain basic aquatic skills -Help participants begin to develop positive attitudes and safe practices around water. *Example of Skills Learned:With Assistance- Glides, Changing Direction and Position, Alternating Kicks and arms, Simultaneous Kicks and arms, Water Safety.	-Prerequisites: No skill prerequisites, participants 6 years of age or older -Next Level: Level 2
Level 2: Fundamental Aquatic Skills 40 Minute Classes	-Build on the basic aquatic skills and water safety skills and concepts learned in level 1 *Example of Skills Learned: Independently- Bobbing, Rotary breathing, Swimming Recovery,, Front Crawl development, Backstroke development, Water Safety.	-Prerequisites: Successful demonstration of the Level 1 exit skills assessment or Pre-Level 2 exit skills assessment -Next Level: Level 3

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<p>Level 3: Stroke Development 40 Minute Classes</p>	<p>-Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment</p> <p>*Example of Skills Learned: Independently- Enter/Exit deep water, Rotary breathing, Floats, Tread water for 1 minute, Streamline Glides to Kicking, Elementary Backstroke, Water safety.</p>	<p>-Prerequisites: Successful demonstration of the Level 2 exit skills assessment or Preschool level 3 exit skills assessment.</p> <p>-Next Level: Level 4</p>
<p>Level 4: Stroke Improvement 40 Minute Classes</p>	<p>-Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3.</p> <p>*Example of Skills Learned: Enter/Exit deep water, 25 yards Front crawl, 25 yards Elementary Backstroke, 15 yards Breaststroke, 15 yards Back crawl, Water Safety.</p>	<p>-Prerequisites: Successful demonstration of the Level 3 exit skills assessment</p> <p>-Next Level: Level 5</p>
<p>Level 5: Stroke Refinement 40 Minute Classes</p>	<p>-Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).</p> <p>*Example of Skills Learned: 50 yards Front crawl, 25 yards Breaststroke, 25 yards Butterfly, 50 yards Elementary backstroke, 25 yards Back crawl, 25 yards Sidestroke, Water Safety.</p>	<p>-Prerequisites: Successful demonstration of the Level 4 exit skills assessment</p> <p>-Next Level: Level 6</p>
<p>Level 6: Fitness Swimmer 40 Minute Classes</p>	<p>-Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques.</p> <p>*Example of additional Skills Learned: Flip turns for all strokes, Diving, Circle Swimming, How to use Swim exercise equipment, How to set up an exercise program, Water safety.</p>	<p>-Prerequisites: Successful demonstration of the Level 5 exit skills assessment</p> <p>-Next Step: Swim Team</p>