

Parent and Child Aquatics

Level 1--

Provides experiences and activities for children to--

• Learn to ask for permission before entering the water • Learn how to enter and exit the water in a safe manner • Feel comfortable in the water • Explore submerging to the mouth, nose, eyes and completely • Explore buoyancy on the front and back position • Change body position in the water • Learn how to play safely • Experience wearing a U.S. Coast Guard-approved life jacket

Level 2--

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

• Establish expectation for adult supervision • Learn more ways to enter and exit the water in a safe manner • Explore submerging in a rhythmic pattern • Glide on the front and back with assistance • Perform combined stroke on front and back with assistance • Change body position in the water • Experience wearing a U.S. Coast Guard-approved life jacket in the water

Preschool Aquatics

Level 1--

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

• Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Submerge mouth, nose and eyes • Open eyes under water and retrieve submerged objects • Front and back glides and recover to a vertical position • Back float and recover to a vertical position • Roll from front to back and back to front • Tread with arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back

Level 2--

Helps children gain greater independence in their skills and develop more comfort in and around water.

• Enter water by stepping in • Exit water using ladder, steps or side • Bobbing • Open eyes under water and retrieve submerged objects • Front and back floats and glides • Recover from a front or back float or glide to a vertical position • Roll from front to back and back to front • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back

Level 3--

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

• Enter water by jumping in • Fully submerge and hold breath • Bobbing • Front, jellyfish and tuck floats • Recover from a front or back float or glide to a vertical position • Back float and glide • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back

Learn-to-Swim

Level 1—Introduction to Water Skills

Helps participants feel comfortable in the water.

• *Enter and exit water using ladder, steps or side* • *Blow bubbles through mouth and nose* • *Bobbing* • *Open eyes under water and retrieve submerged objects* • *Front and back glides and floats* • *Recover to vertical position* • *Roll from front to back and back to front* • *Tread water using arm and hand actions* • *Alternating and simultaneous leg actions on front and back* • *Alternating and simultaneous arm actions on front and back* • *Combined arm and leg actions on front and back*

Level 2—Fundamental Aquatic Skills

Gives participants success with fundamental skills.

• *Enter and exit water by stepping or jumping from the side* • *Fully submerge and hold breath* • *Bobbing* • *Open eyes under water and retrieve submerged objects* • *Front, jellyfish and tuck floats* • *Front and back glides and floats* • *Recover to vertical position* • *Roll from front to back and back to front* • *Change direction of travel while swimming on front or back* • *Tread water using arm and leg actions* • *Combined arm and leg actions on front and back* • *Finning arm action*

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* • *Headfirst entries from the side in sitting and kneeling positions* • *Bobbing while moving toward safety* • *Rotary breathing* • *Survival float* • *Back float* • *Change from vertical to horizontal position on front and back* • *Tread water* • *Flutter, scissor, dolphin and breaststroke kicks on front* • *Front crawl and elementary backstroke*

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 under water* • *Feet first surface dive* • *Survival swimming* • *Front crawl and backstroke open turns* • *Tread water using 2 different kicks* • *Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly* • *Flutter and dolphin kicks on back*

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*

How do I know what level to put my child in?*

- First is age, please abide by the ages indicated on each level, as they have been proven over and over to set the standard.
- Second the prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisite

*Please note some classes run simultaneously so knowing exact levels is not necessarily needed.