

PARENT AND CHILD AQUATICS LEVEL 1 (Age 6 months - 1 ½ years)

This lesson introduces you and your child to basic skills. As parents, you learn how to safely work with your child in the water, including how to appropriately support and hold your child in the water and how to prepare and encourage your child to participate fully and try the skills. In addition, you are introduced to several water safety topics. Your child receives an introduction to basic skills that lay a foundation for learning to swim.

Skills practiced:

- Feel comfortable in the water
- Enter and exit the water safely
- Explore breath control and submerging
- Explore floating on the front and back
- Change body position in the water
- Play safely in the water

What's next?

Once infants or younger children are able to comfortably perform the skills, they should progress to Parent and Child Aquatics Level 2.

PARENT AND CHILD AQUATICS LEVEL 2 (Ages 1 ½ years - 3 years)

This class builds upon the skills learned in Parent and Child Level 1. Our instructors follow a plan to introduce swimming and water safety skills that are developmentally appropriate for infants and toddlers. Routines that are familiar are extremely important to this age group. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, while also teaching them basic aquatics skills.

Skills practiced:

- Learn more ways to enter and exit the water safely
- Retrieve objects below the surface and submerged objects with eyes opened
- Glide on the front and back with assistance
- Perform combined arm and leg actions on the front and back with assistance
- Change body position in the water
- Experience wearing a life jacket in the water

What's next?

Children move through the levels of Parent and Child Aquatics based on their comfort level with the water. After completion, children will be ready for Preschool Aquatics around the age of 3-4.

PRESCHOOL AQUATICS LEVEL 1 (Ages 3-4)

This class is where your child is introduced to basic skills. These skills lay the foundation for developing water competency and the future skill development of swimming strokes. In addition, your child starts to develop a positive attitude and safe practices around the water. Certain milestones are necessary for successful completion of this class.

Skills practiced:

- Entering the water independently using ramp, steps or side and travel at least 5 yards
- Submerging mouth and blowing bubbles for at least 3 seconds

- Exiting the water safely
- Gliding on front for at least 2 body lengths with support
- Gliding back and floating for 3 seconds with support
- Recovering to a vertical position with support

What's next?

It's common for children to participate in several sessions of Preschool Aquatics Level 1 before they are able to successfully demonstrate the skills. That's okay! It is not important how quickly they move through a level, but that they achieve each skill.

PRESCHOOL AQUATICS LEVEL 2 (Ages 3-4)

This class continues laying the foundation for developing water competency and further skill development. Preschool Aquatics Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes.

Skills practiced:

- Gliding on front at least 2 body lengths
- Rolling to back, floating on back for 15 seconds, then recovering to a vertical position.
- Gliding on back for at least 2 body lengths
- Rolling to front, then recovering to a vertical position
- Swimming using combined arm and leg actions on front for 3 body lengths
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim on front for 3 body lengths

What's next?

After successfully demonstrating the completion requirements, children are eligible for Preschool Aquatics Level 3, or potentially Learn to Swim Level 2 (must be 4+ to be in LTS Level 2). Developmental readiness, maturity level and age help determine which course is more appropriate for your child.

PRESCHOOL AQUATICS LEVEL 3 (Ages 3-4)

This class puts the fun in fundamentals! Each class is loaded with enjoyable, engaging and challenging activities that motivate children to want to perform and learn to swim. All Preschool Aquatic Level 3 skills are performed independently.

Skills practiced:

- Stepping from the side into chest-deep water
- Pushing off the bottom and moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water
- Moving into a back float for 15 seconds, rolling to front then recovering to a vertical position
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths
- Rolling to back, floating for 15 seconds, rolling to front then continuing to swim for 5 body lengths.

LEARN TO SWIM LEVEL 1-INTRODUCTION TO WATER SKILLS (Ages 4+)

Your child is introduced to basic skills as the foundation for future skills and the development of water competency (the basic minimum skills needed for water safety). Certain milestones are necessary for successful complete of Level 1.

Skills practiced:

- Entering the water independently using the ramp, steps or side
- Traveling at least 5 yards, bobbing 5 times and then safely exiting the water
- Opening eyes underwater and retrieving submerged objects
- Gliding on front with assistance at least 2 body lengths
- Rolling to a back float for 5 seconds with assistance
- Recovering to a vertical position with assistance
- Combined arm and leg actions on front and back with assistance
- Alternating and simultaneous arm and leg actions on front and back with assistance

What's next?

It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That's okay! It is not important how quickly they move through a level, but that they acquire each skill. After successfully completing Level 1, children are ready to move on to Learn to Swim Level 2.

LEARN TO SWIM LEVEL 2-FUNDAMENTAL AQUATIC SKILLS (Ages 4+)

Your child begins to perform skills at a slightly more advanced level in this class and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion.

Skills practiced:

- Stepping from the side into chest-deep water
- Fully submerging and holding breath
- Pushing off the bottom, moving into a treading or floating position for at least 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water
- Moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position
- Pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths

What's next?

After successfully demonstrating the completion requirements for Level 2, your child is ready for Learn to Swim Level 3 where they will continue to perform skills to work toward water competency.

LEARN TO SWIM LEVEL 3-STROKE DEVELOPMENT (Ages 4+)

Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to scissors and dolphin kicks, learns the survival float and increases the time duration for treading water. They will also learn the rules for headfirst entries.

Skills practiced:

- Flutter, scissors, breaststroke and dolphin kicks
- Jumping into deep water from the side, recovering to the surface, maintaining position by treading or floating for 1 minute, rotating a full turn and then turning as necessary to orient to the exit point
- Swimming the front crawl and/or elementary backstroke for 25 yards and then exiting the water
- Pushing off in a streamlined position, swimming the front crawl for 15 yards, changing position and direction, swimming the elementary backstroke for 15 yards and then exiting the water

What's next?

Your child's progress and skill achievement are continuously monitored and evaluated. Once all Level 3 skills are achieved and the exit skills assessment is complete, your child is ready to move on to Level 4.

LEARN TO SWIM LEVEL 4-STROKE IMPROVEMENT (Ages 4+)

Your child will build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances.

Skills Milestones:

- Swimming the front crawl and elementary backstroke for 25 yards
- Swimming the breaststroke, butterfly, back crawl and sidestroke for 15 yards.
- Open turns on the front and back

What's next?

Once Level 4 is successfully completed, they are ready to move on to Level 5/6.

LEARN TO SWIM LEVEL 5/6 - STROKE REFINEMENT/FITNESS SWIMMER (Ages 4+)

All six swimming strokes are refined including swimming for longer distances, introducing new water safety skills while building on ones previously learned and perform flip turns on the front and back. The expectations are higher now in regards to distance and quality.

Skill Milestones:

- Swimming the front crawl and elementary backstroke for 50 yards
- Swimming the sidestroke, breaststroke, back crawl and butterfly for 25 yards
- Front and back flipturns

What's next?

Congratulations!! The Learn to Swim program is complete! At the end of Level 5/6 skills have been gained to take advantage of other opportunities, such as the Lifeguard Course (must be 15 years of age by the end of class).