

## **Swim Lessons Skills Descriptions**

### **(6month-3yrs) Parent & Child IPC (Beginner) PPC (Intermediate)**

Pre-Requisite: 6 month - 3 year olds.

Parent or responsible adult must accompany child in the water and participate in this class.

3 years of age and younger will need to have a swim diaper and plastic pant.

Class Description: Instructor teaches parent holding positions and parent then teaches child swimming skills

Skills Taught: Water adjustment activities, water safety skills

### **Level P1 (3 yrs old only)**

Pre-Requisite: 3 years old.

Child will need to function without parent in the class.

3 years of age and younger will need to have a swim diaper and plastic pant.

Class Description: Water Adjustment

Skills Taught: Water entry and exit, swim on front and back skills (assisted), breath control (bobbing), underwater exploration, water safety skills and assisted front and back floats.

### **Level P2 (4-5 yrs old)**

Pre-Requisite: 4-5 years old.

Child will need to function without parent in class.

Class Description: Water adjustment

Skills Taught: Water entry and exit, swim on front and back skills, breath control (bobbing), underwater exploration, unassisted back and front float and water safety skills.

### **Level P3 (4-5 yrs old)**

Pre-requisite: 4-5 years old.

Child will need to function without parent in class.

Must be able to perform: Water entry and exit, swim on front and back skills, breath control (bobbing), underwater exploration, assisted back and front float and water safety skills.

Class Description: More advanced water adjustment and begin introducing skills with assistance

Skills Taught: Submerge head for at least 10 seconds, bob 10 times, assisted front and back float for 10 seconds and recover, assisted front and back glide 3 body lengths, assisted rollover front to back and back to front, assisted change directions on front and back, step into chest deep water and assisted front float for at least 5 seconds, assisted combined arm and leg action, assisted front and back crawl, introduce assisted side breathing, water safety skills and treading in shoulder deep water with assistance

## **Level 1**

Pre-Requisite: Must be at least 5 year of age.

Child will need to function without parent in class.

Class Descriptions: Introduction to water skills with assistance

Skills Taught: Enter water unassisted, bob 3 times, blow bubbles through mouth and nose, open eyes underwater and pick up object 2 times, front and back float 5 second recover (assisted), roll over front to back and back to front (assisted), front and back crawl (assisted), water safety skills and front and back glides (assisted)

## **Level 2**

Pre-Requisite: Must be at least 5 year of age.

Child must be able to perform entering water unassisted, bob 3 times, blow bubbles through mouth and nose, open eyes underwater and pick up object 2 times, front and back float 5 second recover (assisted), roll over front to back and back to front (assisted), front and back crawl (assisted), water safety skills and front and back glides (assisted)

Child will need to function without parent in class.

Class Description: Getting comfortable doing basic water skills unassisted

Skills Taught: Submerge head for at least 10 seconds, bob 10 times, open eyes underwater and pick up object at least 3 times, front and back float for 10 seconds and recover, front and back glide 2 body lengths, rollover front to back and back to front, change directions on front and back, tread water for 5 seconds in shoulder deep water, step into chest deep water and front float for at least 10 seconds, combined arm and leg action, unassisted front and back crawl, introduce butterfly kick, side breathing 5 times, water safety skills

## **Level 3**

Prerequisite: Must be at least 5 year of age.

Child must be able to perform entering water unassisted, bob 10 times, blow bubbles through mouth and nose, submerge head for at least 10 seconds, open eyes underwater and pick up object at least 3 times, front and back float for 10 seconds and recover, front and back glide 2 body lengths, rollover front to back and back to front, change directions on front and back, tread water for 5 seconds in shoulder deep water, step into chest deep water and front float for at least 10 seconds, combined arm and leg action, unassisted front and back crawl, side breathing 5 times, water safety skills.

Child will need to function without parent in class.

\*Must be able to perform in Deep Water\*

Class Description: Stroke Development

Skills Taught: Bob 5 times fully submerged, side breathing 15 times, tread water for 1 minute in deep water, front and back float in deep water for 30 seconds – 1 minute, jump into deep water and swim front crawl, back crawl, butterfly kick, breaststroke kick for 15 yards, elementary back stroke for 15 yards, water safety skills, scissor kick for 15 yards

#### **Level 4**

Pre-Requisite: Must be at least 5 years of age.

Must be able to perform entering water unassisted, bob 5 times fully submerged, blow bubbles through mouth and nose, submerge head for at least 10 seconds, open eyes underwater and pick up object at least 3 times, front and back float for 10 seconds and recover, front and back glide 2 body lengths, rollover front to back and back to front, change directions on front and back, step into chest deep water and front float for at least 10 seconds, combined arm and leg action, unassisted front and back crawl, side breathing 15 times, tread water for 1 minute in deep water, front and back float in deep water for 30 seconds – 1 minute, jump into deep water and swim front crawl, back crawl, butterfly kick, breaststroke kick for 15 yards, elementary back stroke for 15 yards, water safety skills, scissor kick for 15 yards

Child will need to function without parent in class.

\*Must be able to perform in deep water\*

Class Description: Stroke Improvement

Skills Taught: Feet first surface dive and be completely submerged, survival and back float for at least 1 minute, tread water for at least 2 minute, front and back crawl for 15-25 yards, elementary backstroke for 25 yards, butterfly stroke for 15 yards, open turn on front and back while swimming, side stroke for 15 yards, breaststroke for 15 yards, water safety skills, swim underwater for 3-5 body lengths, dives from the side into 9 feet water depth

#### **Level 5**

Pre-Requisite: Must be at least 5 year of age.

Must be able to perform entering water unassisted, bob 5 times fully submerged, blow bubbles through mouth and nose, submerge head for at least 10 seconds, open eyes underwater and pick up object at least 3 times, front and back float for 10 seconds and recover, front and back glide 2 body lengths, rollover front to back and back to front, change directions on front and back, step into chest deep water and front float for at least 10 seconds, side breathing 15 times, tread water for at least 2 minutes in deep water, front and back float in deep water for 30 seconds – 1 minute, jump into deep water and swim front crawl, back crawl, butterfly kick, breaststroke kick for 15 yards, elementary back stroke for 25 yards, scissor kick for 15 yards, feet first surface dive and be completely submerged, survival and back float for at least 1 minute, front and back crawl for 15-25 yards, butterfly stroke for 15 yards, open turn on front and back while swimming, side stroke for 15 yards, breaststroke for 15 yards, water safety skills, swim underwater for 3-5 body lengths, dives from the side into 9 feet water depth

Child will need to function without parent in class

\*Must be able to perform in deep water\*

Class Description: Stroke Refinement

Skills Taught: Front and back crawl for 50 yards and flip turn, butterfly for 25 yards, breaststroke for 25 yards, side stroke for 25 yards, elementary backstroke for 50 yards, tread water for at least 5 minutes, tuck and pike surface dive completely submerged, shallow dive from side, back float and survival for at least 2 minutes, front and back flip turns while swimming, survival swim, water safety skills

## **Level 6 (Swim Team intro)**

Pre-Requisite: Must be at least 5 year of age.

Must be able to perform entering water unassisted, bob 5 times fully submerged, blow bubbles through mouth and nose, submerge head for at least 10 seconds, open eyes underwater and pick up object at least 3 times, front and back float for 10 seconds and recover, front and back glide 2 body lengths, rollover front to back and back to front, change directions on front and back, step into chest deep water and front float for at least 10 seconds, side breathing 15 times, tread water for at least 5 minutes in deep water, front and back float in deep water for 30 seconds – 1 minute, scissor kick for 15 yards, feet first surface dive and be completely submerged, survival and back float for at least 2 minute, swim underwater for 3-5 body lengths, dives from the side into 9 feet water depth, front and back crawl for 50 yards and flip turn, butterfly for 25 yards, breaststroke for 25 yards, side stroke for 25 yards, elementary backstroke for 50 yards, tuck and pike surface dive completely submerged, shallow dive from side, front and back flip turns while swimming, survival swim, water safety skills

Child will need to function without parent in class.

\*Must be able to perform in deep water\*

Class Description: Introduction to Swim Team

Skills Taught: Personal water safety, front and back crawl for 50-100 yards, butterfly for 50 yards, breaststroke for 50 yards, side stroke for 50 yards, elementary backstroke for 100 yards, front, back and sidestroke with open turn while swimming, front and back flip turn while swimming, breaststroke and butterfly turn while swimming, back float and survival float for at least 5 minutes in deep water, survival swim for at least 10 minutes, feet first surface dive into 7 feet water depth, surface dive and retrieve object from bottom of 7 feet depth, tread water for at least 2 minutes kicking only, water safety skills, swim 500 yards continually