

PARENT AND CHILD AQUATICS

Builds basic water safety skills for both parents and children, helping infants and young children become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water & demonstrating breath control (including bubbles or voluntarily submerging under water).

BUBBLES (6 mo. - 18 mo.)

Intros basic skills to parents & kids, including safety topics.

- Getting wet with toys and kicking
- Enter and exit water by lifting in and walking in
- Out-of-water and in-water exploration
- Blowing bubbles w/ mouth & nose submerged on the surface
- Underwater exploration
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg action on front and back
- Safety

DUCKS (18 mo. - 3 yrs.)

Builds on the skills introduced in Bubbles, with participants improving these skills and learning more advanced skills.

- Enter & exit water in seated position & by rolling over from seated position & sliding in, stepping in, jumping in & using a ladder or stairs
- Exploring the pool
- Opening eyes & retrieving objects below surface & submerged
- Bobbing
- Front and back floats and glides
- Roll from front to back and back to front
- Passing between adults
- Drafting with breathing
- Alternating or simultaneous leg & arm actions on front & back
- Combined arm and leg actions on front with breathing
- Combined arm and leg actions on back
- Safety

PRESCHOOL AQUATICS

Gives young children ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

TURTLES

Helps participants feel comfortable in the water & enjoy the water safely.

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Recover from a front and back float or glide to a vertical position
- Back glide

- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg and arm actions on front and back
- Combined arm and leg actions on front and back
- Safety

JELLYFISH

Builds on the skills leaned in Turtles and give participants success with fundamental skills, such as floating and basic locomotion.

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

OTTERS

Build on the skills in Jellyfish and improved participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.

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

LEARN-TO-SWIM

Based on a logical, six-level progression that helps swimmers about 6+ years old and adults develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical from a front glide & back float/ glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating & simultaneous leg & arm actions on front & back
- Combined arm and leg actions on front and back
- Safety

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills.

- Enter and exit water by stepping or jumping from the side & using ladder, steps or side
- Fully submerge and holding breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front & back float or glide to a 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 on back
- Safety

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 entry from the side in sitting and kneeling positions
- Bobbing while moving towards safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front or back
- Tread water
- Push off in streamlined position w/ flutter or dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Safety

LEVEL 4: STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills.

- Headfirst entry 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/back crawl, elementary backstroke, breaststroke, sidestroke/butterfly
- Push off in streamlined position w/ flutter or dolphin kicks on back
- Safety

LEVEL 5: STROKE REFINEMENT

Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front/back crawl, elementary backstroke, breaststroke, sidestroke/ butterfly
- Standard scull
- Safety