

Below you will find a description of each Learn to Swim Program level that we offer. You will also find a list of what skills are prerequisites for each level.

During the first lesson, instructors will evaluate students to ensure they are registered in the correct class based on skill level. If an instructor feels a student would be better suited to a different level, they will discuss this with parents at the end of the lesson.

Note for parents: Please keep in mind that every child progresses at their own pace and pushing a child before they are ready could instill fear in them for life. Instructors are trained to recognize which students are ready for the next level and will do everything in their power to make each student's experience a success. Repeating a level or program is not necessarily a bad thing. Most students have to repeat a level at least one time before moving forward.

If lessons need to be cancelled for any reason, we will contact parents/guardians as soon as possible. Please provide accurate contact information on the registration forms.

Level I

This level is the beginning to the Learn to Swim Program. In this level, students will learn how to enter and exit the water safely. Students will learn to submerge his / her head and open their eyes under the water to see objects. The child will learn to float and glide on his / her stomach and back while being supported and explore ways of changing position in the water using their arms and legs.

Level II

This level builds off of Level I. In this level, students will learn to submerge their entire head under the water while learning breath control. Students will learn to float on his / her stomach and back unassisted. Students will learn to move arms and legs in motions that will promote swimming on his/her own both on front and back. Prior to enrolling in this level, child should be able to travel unassisted about 5 yards, glide on front, roll to a back float, and recover with some assistance.

**** Please keep in mind that Level II is probably the most difficult level to pass.** Students must be able to swim on their own for 10 body lengths without assistance. This often takes more than one session to get through. Students will NOT be passed if they cannot sustain themselves in the water and are still timid at submerging their entire head under water.

Level III

Once the student can swim on his / her own, it is time to learn the fundamentals of different strokes. Level III offers an introduction to the elementary backstroke, increased endurance on front crawl and kicking action for the butterfly. Students will also begin to learn how to tread water effectively as well as kick on their side. The beginning stages of diving will also be taught. Prior to enrolling in this level, child must be able to swim on their own at least 10 body lengths, float on front and back, roll, and safely enter/exit the water.

Level IV

Level four teaches the remainder of the basic strokes. In Level IV, students will learn the technique for backstroke as well as the arm movements for sidestroke and butterfly. Students will also learn the breaststroke. Students will continue to develop their front crawl and elementary back strokes and learn open turns to change directions at the wall. Students will also increase endurance with all of these strokes. A continuation of diving will also be covered. Before starting this level, child must be able to swim front crawl 15 yards with face in water and using rhythmic breathing, swim elementary back stroke, and tread water.

Level V

In Level V, students will refine the various strokes that have been taught throughout the program. Students will learn flip turns as another means of changing direction at the wall. Students will also learn various types of dives (if facilities are available). Before starting this level, child must be able to swim front crawl, elementary back stroke, and breast stroke; change direction; and safely enter/exit deep water.

Adult Learn to Swim

These classes are designed to help adults (ages 18 and over) learn to swim. Classes will be designed around skill level of participants. Every step from getting acclimated to the water to stroke refinement will be covered during the six week class. This is not a lap swimming or fitness class. Class will meet for 45 minutes each week.

General Reminders:

- Classes will meet **twice a week** for 45 minutes.
- All classes follow American Red Cross guidelines (adopted in Spring 2009).
- All participants will receive a certificate of participation from Campus Recreation and the American Red Cross.
- Parents must accompany child to lessons. You may sit in the pool area during class, however if this becomes disruptive to the lesson, instructors may ask you to sit in the lobby lounge area.