

**PARENT AND CHILD CLASSES**

**Parent and Child - Level 1**

(Run simultaneously with level 2)

- \*Learn to ask permission before entering water
- \*Learn how to enter and exit water in a safe manner
- \*Feel comfortable in the water
- \*Explore submerging to the mouth, nose and eyes completely
- \*Explore buoyancy on the front and back
- \*Change body positions in the water
- \*Learn how to play safely

**Parent and Child - Level 2**

(Run simultaneously with level 1)

- \*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 front and back with assistance
- \*Perform combined stroke on front and back with assistance
- \*Change body positions in the water

**PRE-SCHOOL CLASSES**

**Pre-School - Level 1**

- \*Blow bubbles through mouth and nose
- \*Submerge mouth, nose and mouth
- \*Open eyes under water and retrieve submerged objects
- \*Front and back glides and recover to a vertical position
- \*Back float and recover to vertical position
- \*Roll from front to back and back to front
- \*Tread 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

**Pre-School Level 2**

- \*Open eyes under water and retrieve submerged objects
- \*Bobbing
- \*Front and back floats and glides
- \*Recover from a front or back float or glide to a vertical position (continued)

**PRE-SCHOOL CLASSES (continued)**

**Pre-School Level 2 (con't.)**

- \*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

**Pre-School - Level 3**

- \*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 CLASSES**

**Learn to Swim - Level 1**

- \*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 arm and leg actions on front and back
- \*Combined arm and leg actions on front and back

**Learn to Swim - Level 2**

- \*Fully submerge and hold breath
- \*Bobbing
- \*Open eyes under water
- \*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
- \*Tread water using arm and leg actions
- \*Combined arm and leg actions front/back
- \*Finning arm action

**LEARN TO SWIM CLASSES (continued)**

**Learn to Swim - Level 3**

- \*Head-first entries from the side in sitting and kneeling positions
- \*Bobbing while moving toward safety
- \*Rotary Breathing
- \*Survival float and 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

**Learn to Swim - Level 4**

- \*Head-first entries from the side in compact and stride positions
- \*Swim under water
- \*Feet-first surface deive
- \*Survival swimming
- \*Front crawl and backstroke open turns
- \*Tread water using two different kicks
- \*Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- \*Flutter and dolphin kicks on back

**Learn to Swim - Level 5**

- \*Shallow-angle dive from the side then glide and begin a front stroke
- \*Tuck andpike surface dives, submerge completely
- \*Front flip turn and backstroke flip turn while swimming
- \*Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- \*Sculling

**Learn to Swim - Level 6**

- \*Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, including the Water Safety Instructor or other aquatic activities, such as competitive swimming or diving. Options include:
  - \*Fitness swimmer
  - \*Personal water safety
  - \*Fundamentals of diving