

Parent and Child Aquatics

What happens in Parent and Child Aquatics?

In Parent and Child Aquatics, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for infants and young children. It is important to understand that Parent and Child Aquatics is not designed to teach children to become good swimmers or even to survive in the water on their own. Each class uses toys, songs, fun and games to keep the children engaged and enjoying the water experience, all-the-while teaching them basic aquatic skills. **In Parent and Child Aquatics, great experiences and fun activities are provided to teach infants and young children to—**

- Learn different ways to enter and exit the water safely.
- Feel comfortable in the water.
- Submerge, and explore breath control and rhythmic breathing.
- Explore floating on the back and front.
- Change body position in the water.
- Play safely in the water.
- Experience wearing a life jacket.
- **Parents**, you also learn—
 - How to hold and support your child in the water.
 - Valuable water safety information to make your family safer in and around the water.
 - How to perform combined stroke on front and back.
 - How to help your child glide on their front and back.

IMPORANT TO NOTE: Parents are in the Water with their Child.

Preschool Aquatics Beginner – Introduction to Water Skills

What happens in Preschool Aquatics - Beginner classes?

In Preschool Beginner, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Beginner 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. In Preschool Beginner, your child is introduced to basic water skills with instructor assistance. These skills lay the foundation for future skill development of swimming strokes.

Certain milestones are necessary for successful completion of Beginner, including—

- Blowing bubbles through mouth and nose, 3 seconds
- Submerging entire head independently
- Front float, 3 seconds
- Front glide, 2 body lengths
- Back float, 5 seconds
- Back glide, 2 body lengths

It is quite common for children to participate in several sessions of Beginner before they are able to successfully demonstrate all the skills. That’s okay!

Preschool Aquatics Advanced – Proficient Water Skills

What happens in our Preschool Aquatics - Advanced classes?

In Preschool Advanced, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Preschool Aquatics Advance 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 independently. **Some of the milestones in Advanced include—**

- Bobbing, blowing out air under water through mouth or nose, 3 seconds
- Submerge and hold breath, 5 seconds
- Front float, 5 seconds
- Front glide, 2 body lengths
- Jellyfish float, 5 seconds
- Tuck Float, 5 seconds
- Back float, 10 seconds
- Back glide, 2 body lengths

It is quite common for children to participate in several sessions of Advanced before they are able to successfully demonstrate all the skills. That’s okay! It is very important that they acquire each skill.

Older Beginners

What happens in Older Beginner classes?

This level of Learn-to-Swim is designed for kids, usually ages 9-14, who have little or no experience with swimming lessons. This is a great opportunity for your child to learn important water safety skills and become more comfortable and confident in the water. Instructors will work with participants in a manner that is age-appropriate and tailored to their ability.

There are no specific milestones to achieve in order to pass older beginner, but there will be a focus on stroke basics and safety. At the end of the session, instructors will indicate which level your child has completed.

Learn to Swim Level 1 – Introduction to Swimming & Water Skills

What happens in Learn-to-Swim Level 1?

For every level of Learn-to-Swim, our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. In Level 1—Introduction to Swimming, your child is introduced to basic skills as the foundation for future skills. **Certain milestones are necessary for successful completion of Level 1, including—**

- Rotary Breathing - 3 cycles (using the wall to balance)
- Bobbing, 10 times while using breathing technique
- Submerge and hold breath, 5 seconds
- Flutter Kick w/ kickboard, 3 body lengths
- Front float, 5 seconds
- Front glide, 3 body lengths
- Recover from a front glide to a vertical position
- Jellyfish float, 5 seconds
- Tuck Float, 5 seconds
- Back float, 10 seconds
- Back glide, 3 body lengths
- Recover from a back float to a vertical position

It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

Learn to Swim Level 2 – Fundamentals of Swimming & Aquatic Skills

What happens in Learn-to-Swim Level 2?

Level 2—Fundamental Aquatic Skills builds on skills learned in Level 1. Our instructors follow a plan to introduce new swimming and water safety skills and build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. **Some of the milestones that are necessary for successful completion of Level 2 include—**

- Rotary Breathing - 5 cycles (using the wall to balance)
- Bobbing, 10 times using breathing technique
- Submerge and hold breath, 10 seconds, blow bubbles on the way up, and get a fresh big breath
- Flutter Kick w/kickboard, 5 body lengths
- Front float, 5 –8 seconds
- Front glide into kick, 4 body lengths
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Back float, 15 seconds
- Back glide into kick, 4 body lengths

It is common for children to participate in several sessions of Level 2 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

Learn to Swim Level 3 – Stroke Development

What do participants learn in Learn-to-Swim Level 3?

In Learn-to-Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim.

Some of the milestones that are necessary for successful completion of Level 3 include—

- Rotary Breathing - 10 cycles (using the wall to balance)
- Bobbing, 10 times moving toward safety (deeper to shallower water)
- Submerge and hold breath, 15 seconds, blow bubbles on the way up, and get a fresh big breath
- Front float, 10 seconds
- Survival Float on Front, 30 seconds
- Back float, 30seconds
- Front crawl, 15 meters
- Back crawl, 10 meters

It is common for children to participate in several sessions of Level 3 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

Level 4: Stroke Improvement

What do participants learn in Learn-to-Swim Level 4?

In Learn-to-Swim Level 4, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. **Some of the milestones in Level 4: Stroke Development include -**

- Front crawl, 25 meters
- Back crawl, 15 meters
- Elementary backstroke, 25 meters
- Body Dolphin on front, 15 meters
- Body Dolphin on back 15 meters
- Breaststroke arms
- Breaststroke legs
- Butterfly arms
- Treading, 1 minute

Learn to Swim Level 5 – Stroke Refinement

What do participants learn in Learn-to-Swim Level 5?

In Learn-to-Swim Level 5, our instructors follow a plan to introduce new swimming and water safety skills and to build on ones previously learned. The expectations are higher for participants now in regards to distance and quality. Each class is loaded with engaging and challenging activities and drills to build endurance and improve technique. **Some of the milestones in Level 5: Stroke Refinement include—**

- Tread water, 5 minutes
- Front crawl 50 meters
- Breaststroke, 25 meters
- Butterfly, 25 meters
- Elementary backstroke 50 meters
- Back crawl 50 meters
- Standard scull 30 seconds
- Sidestroke, 25 meters

It is common for children to participate in several sessions of Level 5 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

Level 6: Stroke Mastery and Fitness Swimming

What do you learn in Learn-to-Swim Level 6 – Stroke Mastery and Fitness Swimming?

As in all the other levels, in Learn-to-Swim Level 6, our instructors follow a plan to refine swimming and water safety skills that were taught throughout the levels. The expectations are quite high in regards to distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to become more fit through aquatic exercises. **Some of the milestones in Level 6: Stroke Mastery and Fitness Swimming include—**

- Swimming 500 meters continuously (100 meters front crawl, back crawl, breaststroke, and butterfly), while swimming at least 50 yards of each stroke.
- Demonstrating turns while swimming.
- Demonstrating etiquette in fitness swimming.
- Demonstrating various training techniques.
- Demonstrating the principles of setting up a fitness program.
- Calculating target heart rate.