

# Learn-to-Swim

Course	Prerequisites
<p><b>Parent and Child Aquatics</b>  <b>Purpose</b>            -Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills.            -Provide safety information for parents and teach techniques parents can use to orient their children to the water.</p>	<ul style="list-style-type: none"> <li>-No skill prerequisites.</li> <li>-Child 6 months old.</li> <li>-Parent must accompany child to each class.</li> </ul>
<p><b>Level 1: Introduction to Water Skills</b>  <b>Purpose</b>            -Orient participants to the aquatic environment and help them gain basic aquatic skills.            -Help participants begin to develop positive attitudes and safe practices around water.</p>	<ul style="list-style-type: none"> <li>-No skill prerequisites.</li> <li>-Mature enough to follow safety instructions.</li> <li>-Participants may start at 3 years of age.</li> </ul>
<p><b>Level 2: Fundamental Aquatic Skills</b>  <b>Purpose</b>            -Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.</p>	<p>Level 1 exit skills assessment.</p> <ul style="list-style-type: none"> <li>-Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (Children can walk, move along the gutter or “swim.”)</li> <li>-While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.</li> </ul>
<p><b>Level 3: Stroke Development</b>  <b>Purpose</b>            -Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.</p>	<p>Level 2 exit skills assessment.</p> <ul style="list-style-type: none"> <li>-Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.</li> <li>-Move into a back float for 15 seconds, roll to front, then recover to a vertical position.</li> <li>-Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths.</li> </ul>
<p><b>Level 4: Stroke Improvement</b>  <b>Purpose</b>            -Improve participants’ proficiency in performing the swimming strokes that were introduced in Level 3.</p>	<p>Swim Level 3 exit skills assessment.</p> <ul style="list-style-type: none"> <li>-Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.</li> <li>-Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary</li> </ul>
<p><b>Level 5: Stroke Refinement</b>  <b>Purpose</b>            -Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).</p>	<p>Level 4 exit skills assessment.</p> <ul style="list-style-type: none"> <li>- Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.</li> <li>-Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.</li> </ul>
<p><b>Level 6: Swimming and Skill Proficiency—Fitness Swimmer</b>  <b>Purpose</b>            -Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.</p>	<p>Level 5 exit skills assessment.</p> <ul style="list-style-type: none"> <li>-Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.</li> <li>-Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.</li> </ul>