



SWIM LESSON DESCRIPTIONS



Lessons follow American Red Cross Learn-to-Swim Curriculum

PRESCHOOL (AGES 5 & UNDER)

Typically suited for ages 3-4. Recommended prior to starting Level 1. For children who are comfortable in the water without parent participation. This class is designed to prepare children for the learn to swim program.

Prerequisite: Minimum 3 years of age. Child must be able to follow directions and separate from parent.

LEVEL 1 – INTRO TO WATER SKILLS

Children will learn to open eyes underwater, pick up submerged objects, swim on front and back using arm and leg actions, submerge mouth, nose and eyes, float on front and back, follow basic water safety rules, exhale underwater through mouth/nose, and explore arm and hand movement.

Prerequisite: Minimum 5 years of age. Completion of Preschool Class preferred.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

Children will learn to open eyes underwater, pick up a submerged object, roll over from front to back and back to front, swim on side, float on front and back, tread water using arm and leg motions, submerge entire head, perform front and back glide, and swim on front and back using combined strokes.

Prerequisite: Completion of Level 1

LEVEL 3 – STROKE DEVELOPMENT

Children will learn to perform the survival float, butterfly kick and body motion, diving from a kneeling or standing position, changing from horizontal to vertical position on front and back, perform front and back glide, front and back crawl, and perform reaching assist.

Prerequisite: Completion of Level 2