

## Which Swim Lesson Should My Child Take?

### **Parent & Me | babies/toddlers ages 6 months - 36 months & their parents | New Skills Taught:**

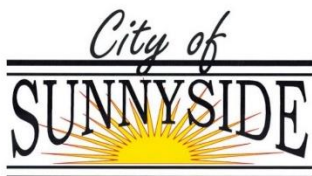
- Comfortability in water / aquatic settings
- Blowing bubbles
- Floating on back with parent support
- Moving through the water with parent support
- Submerging into water with parent support
- Body Positioning in Water with parent support
- Rollover in Water with parent support

### **Preschool Swim lessons | Ages 3, 4, 5 | New Skills Taught:**

- Enter and exit water safely using ladder, steps or side
- Blow bubbles through mouth and nose
- Open eyes under water and retrieve a submerged object
- Front glide
- Recover from a front glide to a vertical position
- Alternating leg action on front
- Simultaneous leg action on front
- Recover from a back float to a vertical position
- Back glide
- Alternating leg action on back
- Simultaneous leg action on back
- Alternating arm action on front
- Simultaneous arm action on front
- Combined arm and leg actions on front
- Alternating arm action on back
- Simultaneous arm action on back
- Combined arm and leg actions on back
- Roll from front to back
- Roll from back to front
- Treading water (arm and hand actions)

### **Level 1 | New Skills Taught:**

- Enter and exit the water safely using ramp, ladder, steps or side
- Explore designated lesson area
- Blowing bubbles
- Submerge to mouth and nose
- Front glide with support
- Recover from front glide to vertical position
- Back glide with assistance
- Pick up submerged objects
- Back float with swim bar
- float then recover
- Alternating leg action on front with support



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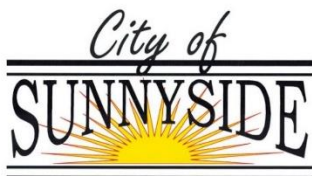
### Parks and Recreation

#### Level 1 New Skills Continued

- Alternating arm action on front with support
- Alternating leg action on back with support
- Alternating arm action on back with support
- Simultaneous arm action on front with assistance
- Simultaneous leg action on front with assistance
- Simultaneous arm action on back with assistance
- Simultaneous leg action on back with assistance
- Combined arm and leg actions on front with assistance
- Swim wearing a life jacket
- Float on back
- Back glide and recover with assistance
- Back float and recover independently
- Arm and leg actions on front and back with assistance (alternating)
- Combined arm and leg actions on front with assistance
- Arm and leg actions on back (simultaneous)
- Front glide, face in water, independently and recover with support
- Back glide independently and recover with assistance
- Arm and leg actions on front and back with assistance (alternating)
- Arm and leg actions on front and back with assistance (simultaneous)
- Combined arm and leg actions on front, roll to back and back float with assistance
- Combined arm and leg actions on back, roll to front and swim combined arm and leg actions on front with assistance
- Treading—explore arm and hand movements
- Swim wearing a life jacket

#### Level 2 | New Skills Taught:

- Enter water by steps, ladder or side
- Fully submerge head and hold breath
- Bobs away from wall, back to the wall
- Front float and recover independently
- Jellyfish float and recover independently
- Tuck float and recover independently
- Combined arm and leg actions on front
- Exit water at side from chest-deep water
- Open eyes,
- pick up submerged object from shallow water
- Kicking drills
- Back glide with kick and recover with assistance
- Front glide, face in, roll to back then recover
- Front glide with kick then recover with assistance
- Finning arm action on back with support New Skills
- Step or jump in from side in at least shoulder-deep water
- Open eyes, pick up submerged object from chest-deep water
- Arm-stroke drills (alternating and simultaneous)
- Swim on front with combined arm and leg actions independently
- Back float independently



## Which Swim Lesson Should My Child Take?

### Parks and Recreation

#### Level 2 New Skills Continued

- Arm stroke drills on back
- Swim on back with finning arm action
- Combined arm and leg actions swimming on front, turn around and continue swimming
- Swim on front while wearing a life jacket, then roll to back
- Swim on back wearing a life jacket
- Combined alternating arm and leg actions on back
- Combined alternating arm and leg actions on front
- Back float, roll to front, then swim combined arm and leg actions on front with assistance
- Tread water—leg motions
- Tread water using arm and leg motions with assistance
- Push off wall, swim using combined arm and leg actions on front independently
- Push off wall, swim using combined arm and leg actions on back independently

#### Level 3 New Skills Taught:

- Bobs in chest-deep water
- Flutter kick with rhythmic breathing
- Push off on front then begin flutter kicking with kickboard
- Tread water using arm and leg actions
- Flutter kick drills
- Survival float
- Jump into deep water, return to surface then swim back to wall
- Tread water and move into back float
- Push off and glide on front in deep water then move to a vertical position and tread water
- Elementary backstroke kick drills
- Push off on back and swim elementary backstroke then recover to vertical position
- Dolphin kick drills
- Push off on front and dolphin kick
- Rotary breathing drills
- Push off streamlined with flutter kicking then swim front crawl
- Elementary backstroke arm drills
- Elementary backstroke coordination
- Jump into deep water, surface, rotate one turn, and swim front crawl to side
- Headfirst entry from the side in a sitting position
- Scissors kick
- Scissors kick using kickboard
- Breaststroke kick drills
- Tread water using arms and different kicks using foam noodles for support
- Headfirst entry from the side from a kneeling position
- Jump into deep water, level off and float on back
- Breaststroke kick drills with kickboard
- Enter water wearing life jacket
- HELP position
- Huddle position
- Push off streamlined, then begin breaststroke kicking, recover to vertical position