



parent & child aquatics

Parent and Child Aquatics Level 1

Ages 6 mo-18mo

- Learn how to enter and exit the water safely
- Feel comfortable in the water
- Practice blowing bubbles
- Explore submerging to the mouth, nose, eyes and completely
- Explore buoyancy on the front and back position
- Change body position in the water
- Learn how to play safely in the water
- Experience wearing a U.S. Coast Guard–approved life jacket
- The student/parent to teacher ratio is 10 pairs:1

Parent and Child Aquatics Level 2

Ages 18 mo-3 years

- Understand the need for adult supervision around water
- Learn more ways to enter and exit the water safely
- Explore submerging in a rhythmic pattern
- Glide on the front and back with assistance
- Perform a rudimentary stroke using combined arm and leg actions on the front and back with assistance
- Change body position in the water
- Experience wearing a U.S. Coast Guard–approved life jacket in the water.
- The student/parent to teacher ratio is 10 pairs:1

preschool aquatics

Preschool Aquatics Level 1

Ages 3.5-5

- Performed with support:
- Enter and exit water using ramps, steps, or side
- Blow bubbles
- Submerge mouth, nose, and eyes
- Open eyes under water and retrieve submerged objects
- Front/back glide and recover to a vertical position
- Back float for 3 seconds
- Roll from front to back and back to front
- Arm and hand treading action
- Alternating and simultaneous leg actions and arm actions on front and back
- Combined arm and leg actions on front and back
- The student to teacher ratio is 6:1

Preschool Aquatics Level 2

Ages 3.5-5

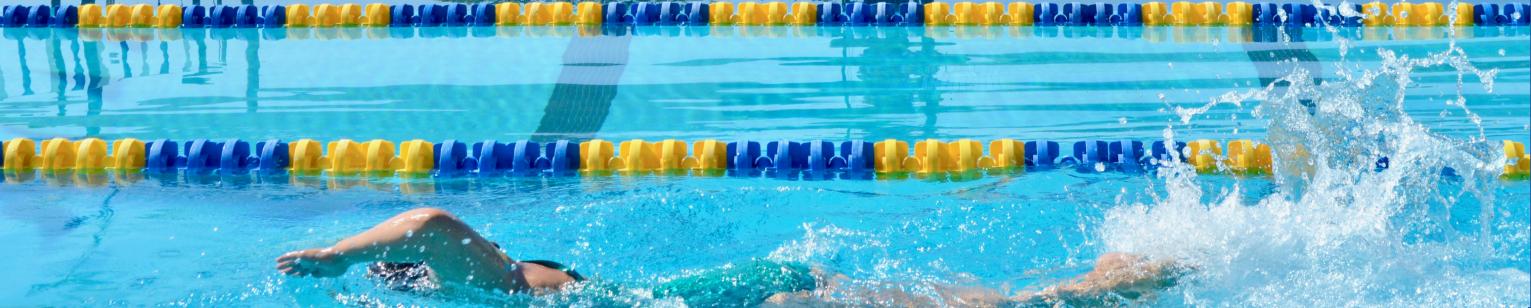
- Performed with assistance:
- Enter water by stepping in from deck or low height
- Exit water using ladder, steps, or side
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front/back glide and recover to a vertical position
- Front float for 3 seconds, back float for 5 seconds
- Roll from front to back and back to front
- Tread water using arm and leg actions for 15 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back

Preschool Level 3

Ages 3.5-5

- Performed independently:
- Jump in to shoulder-deep water
- Fully submerge and hold breath
- Bobbing, 10 times
- Rotary breathing
- Front/back glide and recover to a vertical position
- Front, jellyfish, and tuck floats for 10 seconds
- Back float for 15 seconds
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds
- Combined arm and leg actions on front and back
- Finning arm action on back
- The student to teacher ratio is 6:1





learn to swim

Learn to Swim Level 1 - Introduction to Water Skills

Ages 6-17

- Enter and exit water using ramps, steps, or side
- Blow bubbles for 3 seconds
- Bobbing, 5 times
- Open eyes under water and retrieve submerged objects
- Front/back glide and recover to a vertical position
- Back float for 5 seconds
- Roll from front to back and back to front
- Treading water arm and hand actions
- Alternating and simultaneous leg actions and arm actions on front and back
- Combined arm and leg actions on front and back
- The student to teacher ratio is 6:1

Learn to Swim Level 4 - Stroke Improvement

Ages 8-17 (ages 6-8 with instructor approval)

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water using 2 different kicks
- Survival of swimming for 1 minute
- Front crawl – 25 yards
- Elementary backstroke – 25 yards
- Breaststroke – 25 yards
- Back crawl 15 yards
- Sidestroke – 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking
- The student to teacher ratio is 8:1

Learn to Swim Level 2 - Fundamental Aquatic Skills

Ages 6-17

- Step or jump from the side in to shoulder-deep water
- Exit water using ladder, steps, or side
- Fully submerge and hold breath
- Bobbing 10 times
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front/back glide and recover to a vertical position
- Front, jellyfish, and tuck floats for 10 seconds
- Back float for 15 seconds
- Tread water for 30 seconds
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front and back
- Finning arm action on back
- The student to teacher ratio is 6:1

Learn to Swim - Level 5/6 Stroke Refinement

Ages 8-17 (ages 6-8 with instructor approval)

- Shallow-angle dive into deep water
- Tuck and pike surface dives
- Tread water for 5 minutes
- Tread water, using legs only, for 2 minutes
- Sculling for 30 seconds
- Front crawl – 50 yards
- Elementary backstroke – 50 yards
- Breaststroke – 25 yards
- Back crawl – 25 yards
- Butterfly – 25 yards
- Sidestroke – 25 yards
- Front and backstroke flip turns
- The student to teacher ratio is 8:1

Learn to Swim – Level 3 Stroke Development

Ages 6-17

- Jump into deep water from the side, submerge, and return to the side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving safely
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Push off in streamlined position on front, then begin kicking
- Swim the front crawl for 15 yards
- Swim the elementary backstroke for 15 yards
- The student to teacher ratio is 6:1

