

WOODLAND WATER PARK

Swim Lesson Information

Swim Like A Fish Program

LEVEL 1 Introduction to Water Skills

Brookie I (4 & 5 yrs.)

Marble (6 – 8 yrs.)

Goal: Help students feel comfortable & enjoy the water safety. This follows the Red Cross Progressive Learn to Swim Level.

*Submerge face for 3 seconds

*Supported floating & kicking on front and back

*Enter & exit independently

*General & personal water safety- wearing a life jacket & water safety rules

LEVEL 2 Basic Skills

Brookie II (4 & 5 yrs.)

Rainbow (6 - 8 yrs.)

German Brown (9+ yrs.)

Goal: Give students success with basic skills.

*Submerge face for 3 seconds & pick up objects

*Unsupported floating & kicking on front and back

*Rhythmic breathing with/without help

*Combined stroke on front & back

*Turning over

*General & personal water safety- how to use a life jacket & water safety rules

LEVEL 3 Stroke Readiness

Brookie III (4 & 5 yrs.)

Cutthroat (6 - 8 yrs.)

Bulls & Dollys (9+ yrs.)

Goal: Help students get ready for stroke work & build on skills from Level 2.

*Retrieve objects from chest deep water & head first entry into deep water

*Bobbing to safety

*Survival float & changing direction / position in deep water

*Tread water 30 seconds

*Front crawl & Back crawl 15 yards

*General & personal water safety- wearing a life jacket, water safety rules, H.E.L.P and Huddle position, reaching assist & Check-Call-Care

LEVEL 4 Stroke Work

Mackinaw I (6 - 8 yrs.)

Mackinaw II (9+ yrs.)

Goal: Have students gain confidence in the strokes learned

*Dive from side in compact or stride position

*Under water swim 3 body lengths

*Back float 1 minute deep water

*Front crawl, Breaststroke, Butterfly, Back crawl, Elementary Backstroke

*Care for choking victim

LEVEL 5 Stroke Fine Tuning

Grayling (6 + yrs.)

Goal: Learn to put the strokes together.

*Shallow dive from side

*Swimming underwater 15 yards

*Survival swimming 2 minutes

*Flip turn on front & back

*Improvement on all strokes

*General & personal water safety- rescue breathing

LEVEL 6 Self Safety with Basic Diving

Steelhead (6 + yrs.)

Goal: Focus on personal safety & diving, while continuing to refine strokes for power, greater ease and efficiency.

*Basic safety rules for open water

*Improve treading water & survival floating skills

*Self rescue techniques & swimming while clothed

*Diving progressions

*Improve endurance with all strokes, turns, & skills previously taught

LEVEL 6 Lifeguard Prep with Swim Workout

Steelhead (6+ yrs.)

Goal: Focus on lifeguard skills, using a backboard & continue to refine strokes for power, greater ease, efficiency and distance for swim workouts and swim team preparation.

*Demonstrate assists, removals from water, & rescue breathing

*Spinal injury techniques and using a backboard

*Improve endurance with all strokes, turns, dives, & starts

*Introduced to swim meet etiquette

A WORD ABOUT PRIVATE SWIM LESSONS...

A Private Swim Lesson is an excellent way to help the student improve on particular skills and advance through the Learn to Swim Levels more quickly.

COST: \$18.00 per ½ hour----\$27.00 per ¾ hour---- \$36.00 per 1 hour

Inquire about private swim lessons at the pool front desk.

Refer to next page for lesson selection flowchart

Woodland Water Park 758-7812

