

WOODLAND WATER PARK SWIM LESSON INFORMATION

Pre-Levels: Introduction to water

Classes: Aquababies (6 months until 4 years old), Goldfish (2.5 years old until 4 years old)

Goals: help students get comfortable with water and being in class, begin introducing water safety.

*Aquababies is a child and adult class, where the adult must be in the water with their child.

*Goldfish is for children who are independent and do not need an adult with them in class.

LEVEL 1: Introduction to Water Skills

Classes: Brookie I (4 & 5 yrs.) & Marble (6 – 8 yrs.)

Goal: Help students feel comfortable & enjoy the water safety.

Content: 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

Classes: Brookie II (4 & 5 yrs.), Rainbow (6 - 8 yrs.), German Brown (9+ yrs.)

Goal: Give students success with basic skills.

Content: 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

Classes: Brookie III (4 & 5 yrs.), Cutthroat (6 - 8 yrs.), Bulls & Dollys (9+ yrs.)

Goal: Help students get ready for stroke work & build

Content: 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 on skills from Level 2, 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

Classes: Mackinaw I (6 - 8 yrs.) & Mackinaw II (9+ yrs.)

Goal: Have students gain confidence in the strokes learned

Content: Dive from side in compact or stride position, Underwater 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

Classes: Grayling (6 + yrs.)

Goal: Learn to put the strokes together.

Content: 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: Advanced Stroke Development

Classes: Steelhead (6 + yrs.)

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

Content: 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, turns, dives, & starts refine strokes for power, greater ease, efficiency and distance, Introduced to swim meet etiquette for swim workouts and swim team preparation.

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 swim Levels more quickly. The cost of private lessons is \$18.00 per 1/2 hour----, \$27.00 per 3/4 hour----, and \$36.00 per 1 hour **Inquire about private swim lessons at the pool front desk.**