



Parent & Child Aquatics

Course Code: PCA Prerequisite: None

Course Description: A wonderful bonding experience for parent and child designed to give children an early foundation in aquatic fundamentals preparing the way for their advancement into learning to swim. Suggested Age Group: 6 Months – 36 months. In this program, participants:

- Learn various ways to enter and exit the water in a safe manner
- Feel comfortable in the water
- Explore submerging the mouth, nose, eyes, and completely submerging
- Explore buoyancy on the front and back positions
- Change body position in the water
- Learn how to play safely in water
- Experience wearing a US Coast Guard-approved life jacket
- Establish expectation for adult supervision
- Explore submerging in a rhythmic pattern
- Glide on the front and back with assistance

Pre-School 1

Course Code: PS1 Prerequisite: None

Course Description: Orients children to the aquatic environment and helps them gain basic aquatic skills. Suggested Age Group: 3 – 5 Activities include:

- Enter and exit the water using ladder, steps, and the side
- Blow bubbles through the mouth and nose
- Completely submerge mouth, nose, and eyes
- Open the eyes underwater and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous arm actions on the front and back
- Alternating and simultaneous leg actions on the front and back

Pre-School 2

Course Code: PS2. Years Prerequisite: PS1 or skill evaluation

Course Description: Helps children start to gain basic swimming propulsive skills to be comfortable in and around the water. Suggested Age Group: 3 – 5 Activities include:

- Enter the water by stepping and jumping in
- Exit the water using ladder, steps, and side
- Fully submerge and hold the breath
- Open eyes underwater and retrieve submerged objects
- Bobbing (submerging in a rhythmic pattern)
- Roll from front to back and back to front
- Front, jellyfish, and tuck floats
- Front & back float Front & back glide
- Recover from a front or back float or glide to a vertical position
- Change direction of travel while swimming on front or back

- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Pre-School 3

Course Code: PS3. Years Prerequisite: PS2 or skill evaluation

Course Description: Helps children start to further develop basic swimming propulsive skills to be more comfortable in and around deeper water. Suggested Age Group: 3 – 5 Activities include:

- Enter the water by stepping and jumping in
- Exit the water using ladder, steps, and side
- Fully submerge and hold the breath
- Open eyes underwater and retrieve submerged objects
- Bobbing (submerging in a rhythmic pattern)
- Roll from front to back and back to front
- Front, jellyfish, and tuck floats
- Front & back float Front & back glide
- Recover from a front or back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Level 1 - Introduction to Water Skills

Course Code: L1 Prerequisite: None

Course Description: Helps participants feel comfortable in the water as they begin to learn to swimming fundamentals.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing (submerging in a rhythmic pattern)
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Level 2 - Fundamental Aquatic Skills

Course Code: L2 Prerequisite: Level 1 or Skill Evaluation

Course Description: Gives participants success with fundamental skills as they gain independence from flotation aids.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath, bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats, recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions

- Combined arm and leg actions on front and back
- Finning arm action

Level 3 - Stroke Development

Course Code: L3 Prerequisite: Level 2 or Skill Evaluation

Course Description: Builds on the skills in Level 2 through additional guided practice in deeper water and begin to develop recognizable strokes

- Enter water by jumping from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

Level 4 - Stroke Improvement

Course Code: L4 Prerequisite: Level 3 or Skill Evaluation

Course Description: Develops confidence in the skills learned and improves aquatic skills.

- Swim under water
- Feet first surface dive
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Survival Swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

Level 5 - Stroke Refinement

Course Code: L5 Prerequisite: Level 4 or Skill Evaluation

Course Description: Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

Level 6 - Swimming and Skill Proficiency / Fitness Swimmer

Course Code: L6 Prerequisite: Level 5 or Skill Placement Evaluation

Course Description: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

Adult Customized Classes

Course Code: AC Class Length: 30 minutes Prerequisite: None

Course Description: The instructors will customize the program based on the participants' abilities and personal goals. Some examples may include:

- True adult beginners learning to swim for the first time
- Weak swimmers looking to improve their competency and comfort in the water for safety and personal enjoyment
- Advanced swimmers looking to refine their techniques to become a strong swimmer for fitness or competition