

# SWIM LESSON DESCRIPTIONS -24-

## Infants and Toddlers

Age 6 months to 3 years; parents work with their children to become familiar with and safe when in the water/pool environment.

## Tots

Ages 3 and 4 years with parents; parents work with their children to learn breath control, submerging in the water, buoyancy /floating on the water; and moving through the water on front and back.

## Learn to Swim Program for Level 1 through Level 6

The American Red Cross has revised the Learn-to-Swim program. Please review the information to decide where best to place your child. The new program features an inclusive approach to teaching swimming and water safety together. Level 1 children must be at least 5 years old. To move to the next level students must successfully complete the exit skills for each level before progressing to the next level. All levels include water safety discussions and skills. Those who have taken tots, may go to Level 2 when age 5. To enroll for a level, your child must meet the following criteria:

### Level 1: Introduction to Water Skills

At least 5 years old with little or no prior water experience.

### Level 2: Fundamental Aquatic Skills

Students should be comfortable in and under the water; to be able to float on front and back; and to perform elementary front and back strokes for at least 2 body lengths with or without support.

### Level 3: Stroke Development

Students should be able to independently enter; to submerge and blow bubbles; to tread water 15 seconds and to move through the water using simultaneous and alternating leg and arm actions for at least 5 body lengths.

### Level 4: Stroke Improvement

Students should be able to survival float; to tread water 30 seconds; to swim front crawl and elementary backstrokes for 15 yards; to perform the dolphin kick for 5 body lengths; to scissors kick for 10 yards; and to do a head first entry into the water.

### Level 5: Stroke Refinement

Students should be able to swim front crawl and elementary backstroke for 25 yards each; to swim the side stroke, the breast stroke and the butterfly stroke each for 15 yards; to tread water 2 minutes; to change direction doing an open turn at the wall; to do a foot first surface dive; and do a headfirst entry.

### Level 6: Fitness Swimmer

Students should be able to swim both front crawl and elementary backstroke for 50 yards; to swim the back crawl, breaststroke, side stroke and butterfly each for 25 yards; to tread water 5 minutes; to flip turn using both front and back strokes; to dive from pool side and to do tuck and pike surface dives and to scull on the back.

## High School Pool Indoor Season (For Residents Only) Beginning January 3 Pool Schedule Subject to Change

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Adult Swim 6:00-7:10A	Lessons 10:30A-1:15P	
Swim Team 5:30-6:30P	Swim Team 5:30-8:30P	Swim Team 5:30-6:30P	Swim Team 5:30-8:30P	Swim Team 5:30-7:30P	Adult Swim 1:30-3:00P	Adult Swim 12:00-1:30P
Lessons 6:30-7:30P		Lessons 6:30-7:30P				Rec. Swim 1:30-3:00P
Adult Lessons 7:30-8:30P	Adult Swim 7:30-8:30P	Adult Swim 7:30-9:30P	Rec. Swim 7:30-8:30P		Swim Team 3:00-7:00P	Swim Team 3:00-7:00P
Adult Swim 8:30-9:30P			Adult Swim 8:30-9:30P			
<b>Household Poolpass Indoor</b> HOUSEHOLD POOL PASS FEE: DAILY ADMISSION FEE:			<b>Individual Poolpass Indoor</b> INDIVIDUAL PASS FEE: \$100/Person			
			\$114/Family Child \$5; Adult \$8			