

SWIMMING LESSON PROGRAM

CLASS DESCRIPTIONS

INFANT/TODDLER (WITH PARENT): Increase knowledge of water safety and practices. Provide an opportunity for water adjustment and swimming readiness skills. Use play as a basic form of learning, and provide fun and enjoyment in the water. Encourage participant socialization. Provide parental involvement in the learning process, and reinforce the parent's role in the child's learning of skills.



PRE-SCHOOL (WITHOUT PARENT): Increase knowledge of water safety and practices. Provide an opportunity for water adjustment and swimming readiness skills. Use play as a basic form of learning, and provide fun and enjoyment in the water. Encourage participant socialization.

LEVEL I - WATER EXPLORATION: Become oriented to the aquatic environment and move comfortably through the water. Fully submerge face. Experience buoyancy and demonstrate basic breath control. Demonstrate supported floating and kicking on front and back. Enter and exit water independently. Become familiar with alternating arm action. Learn basic water safety rules and become familiar with ways to get help. Demonstrate reaching assists without equipment. Learn how to release a cramp. Become familiar with the fundamentals of using a life jacket.



LEVEL II - PRIMARY SKILLS: Fully submerge head and retrieve underwater objects. Explore deep water with support. Demonstrate unsupported front and back float or glide. Level off from a vertical position. Demonstrate rhythmic breathing. Demonstrate step-in entry and side exit. Perform flutter kick on front and back. Demonstrate finning on back. Perform combined stroke on front and back. Demonstrate turning over, back to front and front to back. Float in life jacket with face out of water. Perform reaching and extension assists from deck. Become familiar with rescue breathing.



LEVEL III - STROKE READINESS: Retrieve object, unsupported, with eyes open. Demonstrate bobbing. Jump into deep water from side of pool with life jacket on. Learn the basic rules of safe diving. Dive from the side of the pool (if water depth permits) in kneeling and compact positions. Demonstrate gliding with push-off. Coordinate the components of the front crawl and back crawl. Demonstrate the fundamentals of elementary backstroke and treading water. Reverse direction while swimming on front and back. Become familiar with the H.E.L.P. and huddle positions. Learn how to open airway for rescue breathing.

LEVEL IV - STROKE DEVELOPMENT: Demonstrate deep-water bobbing. Demonstrate rotary breathing. Dive from the side of the pool (if water depth permits) from stride and standing positions. Build endurance by swimming elementary backstroke, front, crawl, back crawl, and

elementary backstroke at increased distances. Learn the basics of breaststroke, sidestroke, and turning at the wall. Learn alternate kicks for treading water. Learn rescue breathing techniques. Become familiar with CPR.

LEVEL V - STROKE REFINEMENT: Demonstrate alternate breathing. Dive from diving board. Demonstrate stride jump entry. Demonstrate long shallow dive. Perform the front crawl, back crawl, and elementary backstroke for increased distances. Perform the sidestroke and the breaststroke and swim under water. Perform open turn on front and back. Learn the basic safety rules for diving from a board. Recognize the signs of spinal injury. Perform feet-first surface dive. Learn the dolphin kick. Increase endurance and skill in treading water.



LEVEL VI - SKILL PROFICIENCY: Demonstrate approach and hurdle on diving board. Demonstrate jump tuck from diving board. Enhance ability to perform strokes introduced at previous levels. Perform approach stroke. Demonstrate breaststroke and sidestroke turns, speed turn and pull-out for breaststroke, and flip turn for front crawl. Perform tuck and pike surface dives. Learn alternate kicks for treading water. Demonstrate a throwing rescue. Roll spinal injury victim face up.

LEVEL VII - ADVANCED SKILLS: Incorporate Learn to Swim skills and activities into lifetime fitness habits. Perform springboard dives in tuck and pike positions. Swim continuously for 500 yards, using any combination of strokes. Perform backstroke flip turn. Perform in-water rescue using equipment. Become aware of conditioning principles. Check heart rate. Retrieve diving brick from 8 - 10 feet of water. Review Basic Water Safety skills. Tread water for 5 minutes. Assist with back board rescue. Explore alternative aquatic activities.

NOTE: - Dates & Times for Winter Classes are determined by staff availability.

- All Sessions are 2 weeks long and meet on designated mornings for a total of 10-half hour lessons.

- Fee: Infant & Toddler class is \$22.00/parent and child.

- Fee: Pre-school through Level VII class is \$20.00 /student

There is an additional \$2 per person/per class Red Cross materials fee.

Please call the Recreation Center At 522-7882 for information concerning future class schedules.

AQUA AEROBICS

An excellent opportunity for men and women to stretch, tone the muscles and improve the body's aerobic system. Water creates resistance, which makes you work hard, yet gives support to the body preventing those aches and pains usually derived by exercising on dry land. No swimming skill is required and you need not get your hair or face wet. Exercise routines are done with a musical accompaniment. Drop in whenever you can and pay only the pool admission price, or take advantage of the savings in purchasing a punch card.

Class Days and Times

Mon., Wed., Fri. 7:00 - 8:00 a.m.

Mon., Wed., Fri. 5:30 -6:30 p.m.

Fee: Pool Admission

FLEXERCISE

Flexercise is an Arthritis Foundation/YMCA program to promote joint flexibility through range of motion and muscle building exercises. These exercises are performed in the water and no swimming skills are necessary.

Class Days and Times

Monday, Wednesday & Friday 1:30 - 1:00 p.m.

Fee: Pool Admission