

SWIM LESSON CLASS DESCRIPTIONS

Parent & Child Aquatics

For youth 18 months to 5 years of age

Parents and children participate together in the water. Instruction focuses on helping children become comfortable in the water. Children will learn elementary swimming skills including water entry, bubble blowing, front kicking, back floating, underwater exploration and more! The teacher instructs the parents how to teach the skills to the child. Children that are not potty trained must wear a swim diaper.



At the Anoka Aquatic Center, Levels 1 & 2 are combined and taught as one class. Instructors will provide 20—25 minutes of instruction, which will include the use of songs & games to enhance learning. Participants will be given time to independently play and practice skills.

P & C A – Level 1: Designed specifically for children with no prior swimming experience and children that have a fear of the water. The goals of Level 1 are to provide experiences and activities for children to learn how to enter & exit the water in a safe manner, feel comfortable in the water, explore submerging, buoyancy on front and back, safe play, asking permission to enter, and wearing a lifejacket.

P & C A – Level 2: Designed for children that have completed Level 1, are comfortable in the water, and/or are ready for more swimming independence, but are not ready to be in the pool w/out a parent or guardian. Level 2 will build on skills learned in level 1. The goals of Level 2 are to provide experiences and activities for children to front & back glide, combine arm & leg movements, and change body positions in the water.

Pre-School Aquatics

For youth about 4 - 5 years of age

These levels are designed to bridge the gap between the parent child program and the Learn to Swim levels. Classes are 30 minutes in length and will have no more than six students. Skills will be taught and practiced through the use of games. Children must be able to take instruction from an adult other than the parent. Parents are not in the water the child. Children that have successfully completed P&CA-B and/or are about 4 years old may register for Tadpoles.

LEVEL 1 Tadpoles: For children that have never had swim lessons, have a fear of the water, or will not put their faces or ears in the water. Skills learned include water adjustment, submerging, floating on front and back, kicking, using floatation aids, and water safety. To successfully complete Level 1, each child must be able to perform the following skill combinations:

- Enter water independently, travel 5 yards, submerge to mouth and blow bubbles for 3 seconds then safely exit the pool.
- With support in shallow water, glide 2 body lengths on front, roll to back and float for 3 seconds, then recover to standing.

LEVEL 2 Torpedoes: For children that will put their face in the water, can float on front/back for 3 seconds, or can swim with assistance (lifejacket or floatation) and are very comfortable in the water. Skills learned include rolling over, breath holding, combined arm & leg actions and bobbing. To successfully complete Level 2, each child must be able to perform the following skill combinations with support:

- Glide on front 2 body lengths, roll to back, float for 5 seconds then recover to standing.
- Glide on back 2 body lengths, roll to front, float for 5 seconds then recover to standing.
- Swim on front for 3 body lengths, roll to back, float

for 5 seconds, roll to front and swim back to safety.

Level 3 Titans: For children that can float for 5 seconds on their front and back and can paddle stroke 10 feet. Skills learned include swimming on front & back, rhythmic breathing, and treading water. To successfully complete Level 3, each child must be able to perform the following skill combinations independently:

- Step off edge into chest-deep water, front float for 5 seconds, roll onto back and float for 5 seconds, then stand up.
- From vertical move into back float for 5 seconds, roll over to front, then stand up.
- Push off wall and swim using arms and legs for 5 body lengths, roll to back, float for 15 seconds, roll to front and swim back to the wall.



A child that successfully completes all of the skills taught in Level 3, and is about 6 years old, may register for Learn to Swim Level 3.

Learn-to-Swim Levels 1 - 6

For youth about 6 – 14 years of age

The Learn-to-Swim programs are designed so students progress through the levels at their own pace working to master the skills in one level before advancing to the next. Each level includes training in basic water safety, helping others in an emergency, and most importantly stroke development.

LEVEL 1 Introduction to Water Skills: The purpose of this class is to help students feel comfortable in the water. Skills learned include submerging, floating, kicking, rolling over, combined arm & leg actions, and safety skills. Shallow water class with some practice in

deeper areas depending on the skills of participants. To successfully complete Level 1, each child must be able to perform the following skill combinations with limited support:

- Enter water, travel 5 yards, bob 3 times, return to wall and exit safely
- Front glide 2 body lengths, roll to back and float for 3 seconds, then stand up.

LEVEL 2 Fundamental Aquatic Skills: Participants will learn rhythmic breathing, open eyes under water, front/back glides, treading water and swimming with a lifejacket. Students will continue to practice combined arm & leg actions and floating skills. Primarily a shallow water class with some practice in deeper areas of the pool. To successfully complete Level 2, each child must be able to perform the following skill combinations:

- Step from side into chest deep water, front float 5 seconds, roll to back, float for 5 seconds, then stand up.
- Move into back float for 5 seconds, roll over onto stomach, then stand up.
- Push off wall, swim on front 5 body lengths, roll onto back and float 15 seconds, roll onto front and swim 5 body lengths.

LEVEL 3 Stroke Development: Students will continue to improve treading, changing directions, and front & back glides. Participants will learn to dive from kneeling, rotary breathing, floating in deep water, front and back crawl, butterfly kick and will perform the HELP and Huddle position with lifejackets, and increase comfort swimming & jumping into deepwater. This class will be taught in deep & shallow water. To successfully complete Level 3, each child must be able to perform the following skill combination:

- Jump into deep water, swim front crawl 15 yards, tread or float 30 second, swim elementary back stroke 15 yards.



LEVEL 4 Stroke Improvement: Students continue to improve on front and back crawl. Must be able to swim 15 yards of front & back crawl. Participants will learn standing dives, swimming underwater, surface dives, turns, treading water, breaststroke, butterfly, and elementary backstroke, scissor kick, and safety skills. This class is taught primarily in deep water. To successfully complete Level 4, each child must be able to perform the following skill combinations:

- Jump into deep water, swim front crawl 25 yards, change direction, swim elementary backstroke 25 yards.
- Swim breaststroke 15 yards, change direction and swim back crawl 15 yards.



LEVEL 5 Stroke Refinement: Students must be able to swim 25 yards of each stroke prior to taking this class. Skills will include standing & shallow dive, safety skills, surface dives, front & back flip turns, butterfly, breaststroke, sidestroke and perfect front/back crawl. This class is taught primarily in deep water. To successfully complete Level 5, each child must be able to perform the following skill combinations:

- Shallow dive, swim front crawl 50 yards, change direction, swim elementary backstroke 50 yards.
- Swim breaststroke 25 yards, change directions, swim back crawl 25 yards.

LEVEL 6 Swimming and Skill Proficiency: Level 6 is split into two modules: Fitness Swimmer, and Fundamentals of Diving. Each course continues to develop swimming skills and endurance, but provides additional instruction in the 2 focus areas. To successfully complete a Level 6 component, all participants will be required to complete a 500 yard swim continuously using 3 different strokes of choice in addition to these specialized skills:

- Diving: 2-part take off with feet first & head first entry from the 1-meter diving board
- Fitness Swimmer: 12-min Cooper Swim

Adult Swim Instruction

For adults and youth 14 years of age and older

Level 1 The Basics: help overcome fear of the water and to learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance. Learn floats, glides, kicks, rotary breathing, and combined swimming strokes including front crawl, breaststroke, and elementary backstroke.

Level 2 Refine Strokes: improve foundational skills and swimming strokes to gain an overall level of comfort in the water, to be able to enjoy the water more safely with their children, because they own a home pool or to open the door to training for other aquatic opportunities, such as snorkeling, SCUBA, or water sports.

Level 3 Swim Proficiency: Refine your swimming strokes to improve fitness levels, participate in a masters swimming program or other competitive sports, such as, triathlons or open water distance swimming.

Private Swim Lessons

For anyone 5 years of age and older

Each Learn to Swim level can be taught as a private lesson. Private lessons are the perfect option for individuals with fear of the water, who are having difficulty mastering a skill required for level completion, or have a special need that makes group lesson participation difficult.



For more information regarding swim lesson schedules and class times visit www.ci.anoka.mn.us or call 763-421-7730