

Learn to Swim – Two Week Lessons. Monday – Thursday; 30 minutes per lesson. Price: \$180.00

6 Years - Teen

Designed to help participants achieve maximum success, Learn- to-Swim courses are based on a logical, six-level progression that helps swimmers of varying ages and abilities develop their water safety, survival and swim skills.

Level 1 -Introduction to Water Skills -Beginner

Helps participants feel comfortable in the water.

- *Enter water using ramp, steps or side
- *Exit water using ladder, steps or side
- *Blow bubbles through mouth and nose
- *Bobbing
- *Open eyes underwater and retrieve submerged object
- *Front and back glides and recover to a vertical position
- *Back Float
- *Roll from front to back and back to front
- *Tread water using arm and hand actions
- *Alternating and simultaneous arm and leg action on front
- *Alternating and simultaneous arm and leg action on back
- *Combined arm and leg action on front and back
- *Plus age-appropriate water safety topics

Level 2- Fundamental Aquatic Skills-Beginner

Gives participants success with fundamental skills.

- *Enter water by stepping or jumping from the side
- *Exit water using ladder, steps or side
- *Fully submerge and hold breath
- *Bobbing
- *Open eyes underwater and retrieve submerged object
- *Rotary breathing
- *Front, jellyfish and tuck floats
- *Back glide and recover to a vertical position
- *Front glide and recover to a vertical position
- *Roll from front to back and back to front
- *Tread water using arm and leg actions
- *Change direction of travel while swimming on front or back
- *Combined arm and leg actions on front and back
- *Finning arm action
- *Plus age-appropriate water safety topics

Level 3 Stroke Development - Intermediate

Builds on the skills in Level 2 through additional guided practice in deeper water.

- *Enter water by jumping from the side, fully submerge then recover to the surface and return to the side
- *Headfirst entries from the side in sitting and kneeling position
- *Bobbing while moving toward safety
- *Rotary breathing
- *Back Float
- *Survival float
- *Change from vertical to horizontal position on front and back
- *Tread water
- *Flutter and dolphin kicks on front
- *Scissors and breaststroke kicks
- *Front crawl and elementary backstroke
- *Plus age-appropriate water safety topics

Level 4- Stroke Improvement - Intermediate

Develops confidence in the skills learned and improves other aquatic skills.

- *Headfirst entries from the side in compact and stride position
- *Swim underwater
- *Feet first surface dive
- *Survival swimming
- *Open turns on front and back
- *Tread water using 2 different kicks
- *Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- *Flutter and dolphin kicks on back
- *Plus age-appropriate water safety topics

Level 5 -Stroke Refinement-Advanced

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
- *Sculling
- *Plus age- appropriate water safety topics

Level 6- Swimming and skills Proficiency- Advanced

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, including the Water Safety instructor course, or other aquatic activities such as competitive swimming or diving. Each option also includes applicable water safety topics.

Options include the following :

- *Fitness Swimmer
- *Personal Water Safety
- *Fundamentals of Diving