AQUATIC INSTRUCTIONAL GROUP SESSIONS

YOUTH GROUP SESSION DESCRIPTIONS

Below you will find the prerequisites, or starting point, for each level. Use the skill list as a guideline to best describe your child’s current swimming ability. Please keep in mind, your child may be reassigned to a session better suited to his/her needs by the Instructional Coordinator.

PARENT AND INFANT/TODDLER CLASS
Parent/guardian must accompany child in the water.
- Child is 6 months to 3 years of age
- Is comfortable in the water with a parent/caregiver
- Needs constant support in the water

LEVEL 1 – INTRODUCTION TO WATER SKILLS
Child must be a minimum of three years old & comfortable in the water without his/her parent.
- Unable to put face or head under water or is uncomfortable doing so
- Cannot swim on front or back with alternating arm action or kick
- Is comfortable in the water without a parent

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS
- Can place head under water
- Can float on front or back with support (someone holding them)
- Can swim with crawl stroke arm action with support on front or back

LEVEL 3 – STROKE DEVELOPMENT
- Can swim without support on front and back with alternating arms for at least 10 yards
- Rolls from front to back from floating position
- Steps into chest deep water without assistance

LEVEL 4 – STROKE IMPROVEMENT
- Swims back and front crawl 15 yards
- Swims elementary backstroke 15 yards
- Jumps into deep water from side of pool without assistance
- Can tread or float in water for 30 seconds

SWIM TEAM PREP
- Swims elementary backstroke 25 yards
- Swims freestyle 25 yards with rotary breathing
- Swims breaststroke and sidestroke 15 yards
- Dives into deep water from standing position
- Changes direction in the water with open or flip turns

MORE YOUTH GROUP SESSION DESCRIPTIONS

DIVING – BEGINNING TO PRE-COMPETITIVE DIVING
For safety reasons, divers must be of a swimming ability equivalent to Level 4- Stroke Improvement. Participants will learn the basic principles of beginner diving off of the diving boards

JUNIOR LIFEGUARDING
For safety reasons, swimmers must be of a swimming ability equivalent to having completed Level 4- Stroke Improvement swim Sessions. Participants will learn and practice basic lifeguarding skills. This is not a lifeguard certification course.

LOG ROLLING
Participants will learn and practice basic Log Rolling skills and progress to fun tournament competitions. For safety reasons, Log Rollers must be of a swimming ability equivalent to having completed Level 3 – Stroke Development Sessions.

ADULT GROUP SESSION DESCRIPTIONS

ADULT 1 – FUNDAMENTAL AQUATIC SKILLS (BEGINNER)
Adult 1 is designed for participants who have very little or no swimming experience and may be uncomfortable in the water. Participants will work on floating independently on their fronts and back with the head in the water while building confidence and self-reliance in the water. Basic stroke movement and breathing techniques will be emphasized in this level.

ADULT 2 – STROKE IMPROVEMENT AND ENHANCEMENT (INTERMEDIATE)
This level will work on building proficiency in the front and back crawl while introducing more advanced strokes and skills. Participants should feel comfortable in the water and swim at least half the length of the lap pool by using one recognizable stroke and be able to flutter kick for 25 yards.

TRIATHLON SWIM TRAINING
Triathlon Swim Training is a program designed for fitness minded swimmers who are training for a triathlon or open water swim race. We will focus on improving your swim technique, building strength and endurance, and teaching you useful techniques for open water triathlon swimming. This program is perfect for your training to carry you through your summer racing season.

swimFIT
Looking for new and challenging swim workouts? swimFIT focuses on swimming longer distances in a group setting through instructor-led workouts that are challenging and focused on fitness. Workouts will include some drill and technique work. Participants should be able to swim 100 meters each of freestyle, backstroke, and breaststroke continuously.