

YOUTH SWIM LESSONS

DESCRIPTIONS & PROGRESSION

Parent and Child (6 Month Olds - 3 Yr Olds + Parent/Guardian)

Learning how to swim can save your child's life! Join us to learn the following skills: Enter and exit water together | Getting wet with toys | Front and back holds | Songs and games | Blowing bubbles | Splashing and kicking legs | Splashing and reaching arms | Front and back glides | Water safety rules

Preschool Swim Lessons (3-5 Yr Olds)

Level 1: Learning how to swim can save your child's life! Join us to learn the following skills: Enter and exit shallow water | Jump into shallow water (assisted) | Rhythmic breathing (bobs) | Front and back floats (assisted) | Front and back glides (assisted) | Kicking on back | Recognize emergencies | Call for help

Level 2: Learning how to swim can save your child's life! Join us to learn the following skills: Enter and exit shallow water | Jump into shallow water (unassisted) | Rhythmic breathing (bobs) | Treading water (assisted) | Front and back floats | Rollover floats (assisted) | Open eyes under water and retrieve object | Front and back glides | Kicking on back and front | Combined arm and leg actions | Basic pool rules

Level 3: Learning how to swim can save your child's life! Join us to learn the following skills: Jump into deep water | Tread water | Change direction | Tuck float | Rotary breathing | Open eyes under water and retrieve object | Rotary breathing | Front and back glides | Front stroke | Back stroke | Dolphin kick (assisted) | Distance swim five body lengths | Reaching assists

Learn to Swim (5 Yr Olds+ and at least 45" tall)

Level 1 - Introduction to Water Skills: Learning how to swim can save your child's life! Join us to learn the following skills: Enter and exit shallow water | Rhythmic breathing (bobs) | Front and back floats | Rollover floats and glides (assisted) | Open eyes under water and retrieve object | Front and back glides | Flutter kick | How to recognize an emergency | Basic pool rules

Level 2 - Fundamentals of Aquatic Skills: Learning how to swim can save your child's life! Join us to learn the following skills: Jump in deep water | Rhythmic breathing (bobs) | Jellyfish float | Tuck float | Tread water | Change direction | Front and back glide | Basic front crawl | Basic back crawl

Levels 3/4 - Stroke Development and Improvement (Deep end of pool): Learning how to swim can save your child's life! Join us to learn the following skills: Sitting, kneeling and standing dives | Back float in deep water | Tread water with egg beater kick | Deep water rhythmic breathing (bobs) | Front crawl and back crawl progressions | Elementary backstroke | Side stroke | Introduction to Butterfly | Dolphin kick | Intro to Breaststroke | Whip kick

Levels 5/6 - Stroke Refinement and Skill Proficiency (Deep end of pool): Learning how to swim can save your child's life! Join us to learn the following skills: Shallow dive in deep water | Surface dive and retrieve object | Sculling | Tread water with egg beater kick | Flip turns | Technique refinements and endurance of all main strokes | Endurance/distance swim

FREE Swimming Lessons Skills Assessment 5 Yr Olds & Up

Are you unsure about which level to enroll your child in? We can help with that! Schedule a free skills assessment by calling us at 748-3230 or by emailing Kristine Ferry, Aquatics & Fitness Coordinator at kferry@zps.org