Learn-to-Swim

6+ years

Based on a logical, six-level progression that helps swimmers about 6+ years old and adults develop their water safety, survival, and swimming skills. It is designed to give participants a positive learning experience.

Level 1: Introduction to Water Skills

Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

Minimum Participants: 5 Maximum Participants: 8

Fee: Based on number of classes. See pg 15-16.

Level 2: Fundamental Aquatic Skills

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 under water and retrieve submerged objects
- Front, jellyfish, and tuck floats
- Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

Minimum Participants: 5 Maximum Participants: 8

Fee: Based on number of classes. See pg 15-16.