

AQUATICS

SWIM LESSON DESCRIPTIONS

SLARA is offering a wide variety of swim classes based on the American Red Cross Learn-to-Swim Program. Progression from one level to the next will be based upon the student's skill level and readiness to learn. All classes have enrollment limits. Registration must be done in advance with the SLARA office. Due to circumstances beyond our control, it may be necessary to reschedule or cancel some swim lessons.

PARENT AND CHILD LEVEL 1

(AGES 6 MONTHS TO 5 YEARS): Introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics. Children who are not potty trained must wear a swim diaper.

PARENT AND CHILD LEVEL 2

(AGES 12 MONTHS TO 5 YEARS): Level 2 builds on the skills introduced in Level 1. Participants improve on these skill and learn more advanced skills in this level. Parents are introduced to additional water safety topics. (Children who are not potty trained must wear a swim diaper.)

PRESCHOOL (AGES 4 TO 6): Child adjustment and orientation to the water without parent. This class will also teach beginning water skills.

LEVEL 1 (AGES 4+) — INTRODUCTION TO WATER SKILLS:

Elementary water skills including basic water safety, putting face in water and an introduction to proper breathing. The instructor will assist students with floating on front and back, front and back crawl arms, and flutter kick with barbells.

LEVEL 2 (AGES 4+) — FUNDAMENTAL AQUATIC SKILLS:

Students will learn to independently float, glide, kick and swim on front and back. They will also become comfortable jumping into the shallow water and retrieving objects under water with eyes open. Students will also be introduced to treading water and basic water safety.

LEVEL 2+ (AGES 4+): Students will work on further development of rhythmic breathing, front and back crawl coordination and endurance. Students will also be introduced to diving, breaststroke kick and scissor kick.

LEVEL 3 — STROKE DEVELOPMENT: Students will learn to coordinate front and back crawl, introduce dolphin and breaststroke kicks and fundamentals of treading water. Students will also learn rotary breathing, safe diving rules and learn how to dive from the side. More advanced rescue and water safety techniques will be taught. **SWIMMER MUST BE COMFORTABLE JUMPING INTO DEEP WATER!**

LEVEL 4 — STROKE IMPROVEMENT: Students will develop confidence in the strokes they've learned by improving their technique and endurance. Students will continue to build on the butterfly, and be introduced to the elementary backstroke, breaststroke and sidestroke. Students will also learn the basics of turns at the wall, compact and stride dives, feet first surface dives, swimming underwater and the survival float as well as throwing assists and caring for a choking victim. **SWIMMER MUST BE COMFORTABLE SWIMMING IN DEEP WATER!**

LEVEL 5 — STROKE REFINEMENT: Students will refine their performance of the 4 competitive strokes: front crawl, back crawl, butterfly, and breaststroke) as well as working on the front and back flip turns. **SWIMMER MUST BE ABLE TO SWIM 25 YARDS FRONT AND BACK CRAWL AND BE COMFORTABLE SWIMMING IN DEEP WATER!**

Note: For your comfort and safety, please be sure that all swimmers have their hair tied back and are wearing a one piece bathing suit.

If class is canceled due to weather, mechanical failure, or other unexpected problems, there will be no make-up and no partial refunds will be given.

