

SWIM LESSONS (SOUTH LYON HIGH SCHOOL POOL)

South Lyon Recreation 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. Students are required to provide proof of successful completion before advancing to next level. All classes have enrollment limits. Registration must be done in advance at the Recreation Office. Due to circumstances beyond our control, it may be necessary to reschedule or cancel some swim lessons.

PARENT — TOT (AGES 6 MONTHS & UP): Children become comfortable in the water as they develop a readiness to swim. Parents and instructors work together to help children adjust to the water. Includes basic safety practices to help parents keep children safe in and around the water. Children who are not potty trained must wear a swim diaper.

PARENT — CHILD (AGES 12 MONTHS TO 5): Instructors will assist parents in helping their child to become comfortable in the water and to begin teaching the child beginning water skills. This will be done through play and structured instruction.

PRESCHOOL WITH PARENT (AGES 2 TO 5): Instructor will assist parent in helping child to become comfortable in the water so they can be ready to swim. These skills include getting adjusted to the water, showing comfort maintaining a front and back float position and demonstrating breath control.

PRESCHOOL (AGES 4 TO 5): 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 — 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+: For students who have passed Level II but need additional stamina, breath control and arm coordination before entering Level III.

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.

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 elements of the 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. May be combined with Level V.

LEVEL 5 — STROKE REFINEMENT: Students will refine their performance of all the strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Students will also learn front and back flip turns, survival swimming and rescue breathing. May be combined with Level IV.

Note: The water temperature at the South Lyon High School pool is kept at 80 to 82 degrees. For your comfort and safety, please be sure that all swimmers have their hair tied back and are wearing a one piece bathing suit. New school district policy requires everyone to shower before entering the pool. In the event of an electrical storm, all activities will be suspended or canceled. *If class is canceled due to weather, mechanical failure, or other unexpected problems, an effort will be made to schedule a make-up. If it is not possible to provide a make-up time, no partial refunds will be given.*