

Wade King Student Recreation Center

Swim Level Descriptions 2009

PARENT & CHILD AQUATICS (6 months-3 years *)

Parent & Child Aquatics (Combined Level 1/2)

This level is a combination of American Red Cross Parent & Child Levels 1 and 2. Parent & Child Aquatics introduces parents and children to a set of basic aquatics skills. Parents are taught 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 new skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. In this level the **parent is actively in the water with the child helping them become comfortable with basic skills.**

The goal of Parent & Child Aquatics is to provide experiences and activities for parents and children to: Enter/exit the water safely, adjust to the water, be comfortable in exploration of buoyancy, body position, floating and gliding, basic stroke action, life jackets, and breathing control (blowing bubbles or holding their breath while voluntarily submerging underwater). Note: All submersions must be voluntary on the part of the child.

*All children wearing diapers will be required to wear swim diapers.

PRESCHOOL AQUATICS (ages 3-5)

Preschool Aquatics (Combined Level 1/2)

This level is a combination of American Red Cross Preschool Aquatics Levels 1 and 2. Preschool Aquatics is for beginning swimmers (ages 3-5) who have had very little or no swim instruction. Preschool Aquatics teaches the most basic aquatic skills (most performed with assistance).

The goal of Preschool Aquatics is to introduce basic aquatic locomotion skills, simultaneous and alternating arm/leg action on front and back, and to continue to advance and build on the basic skills that the child will continue to build on as they progress through Preschool Aquatics and then on through Learn-to-Swim levels.

Note: Once participants have passed Preschool Aquatics (Combined Level 1/2) then they are ready for Learn-To-Swim Level 2

LEARN-TO-SWIM (ages 6+)

Level 1 - Introduction to Water Skills

The goal of Level 1 is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely. Level 1 is for beginning swimmers who have had very little or no swim instruction, focusing on elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water. Level 1 skills include: safely entering/exiting the water, blowing bubbles, bobbing, opening eyes underwater to retrieve submerged objects, front and back floats and gliding, alternating arm and leg action, combined stroke movement, and treading water. Most skills are performed with support.

Level 2 - Fundamental Aquatic Skills

The goal of Level 2 is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support. Level 2 focuses on teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, and lay a foundation for future strokes, all without support from the swim instructor.

Level 3 - Stroke Development

The goal of Level 3 is to build on previously learned skills and provide additional guided practice. Level 3 is for swimmers who are able to swim with combined stroke on front and back (without assistance). Level 3 focuses on making swimmers comfortable and safe in deep water, teaches front crawl and elementary backstroke (15 yards), builds on the fundamentals of treading water, introduces scissors and dolphin kicks as well as the rules for headfirst entries (seated entry dives).

Level 4 - Stroke Improvement

The goal of Level 4 is to develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Level 4 focuses on increasing endurance by swimming familiar strokes (front crawl, elementary backstroke), and adding sidestroke, back crawl, breaststroke, butterfly and basics of turning at the wall.

Level 5 - Stroke Refinement

The goal of Level 5 is to coordinate and refine strokes. Level 5 is for swimmers who are competent in all strokes as well as basic diving techniques. Level 5 swimmers will focus on refining their stroke techniques, incorporate flip turns, and increase their swimming distance.

Level 6 - Swimming and Skill Proficiency: Fitness Swimmer

The goal of Level 6/Fitness Swimmer is to refine strokes so participants swim them with more ease, efficiency, power, and smoothness over greater distances to increase endurance and aquatic fitness. Level 6/Fitness Swimmer skills include circle swimming, using a pace clock, using swimming equipment such as pull buoys and fins, with a final skills assessment of swimming 500 yards continuously using any 3 strokes.