

# COURSE DESCRIPTIONS 2013

## Water Adjustment: (Parent and Child- ages 6 months to 4yrs)

This course introduces basic skills to parents and children. Parents are taught to safely work with their child in the pool, 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. This is NOT a drown proofing course! Several water safety topics are introduced and discussed with parents. Children are introduced to basic skills that will lay a foundation to help them learn to swim in the future.

## Mini Fish: (Pre-Schoolers)

**3&4 year olds only.** This is the **first** class children participate in without their parents. Basic swimming skills like floating on front and back, blowing bubbles and jumping are introduced and practiced with a teacher. We must emphasize that some children are not ready for this course at age three. We do not want to force any child into this level if they are not ready. If you have any questions or concerns about putting your child in this course, please discuss it with the Pool Director or Manager.

## Sunfish

**Purpose:** To begin developing positive attitudes, good swimming habits, and safe practices in and around the water

**Skills to be learned:** Swimming on front and back, retrieving submerged objects, floats and glides, and water safety. Swimmers are encouraged to be independent, but instructors will assist them with all skills.

## Bluegills

**Purpose:** To give participants confidence with fundamental swimming skills, including learning how to float independently and how to recover to a vertical position.

**Skills to be learned:** Rolling from front to back, changing direction while swimming, treading water, and combining arm and leg actions for swimming.

## Perch

**Purpose:** To build on skills learned in Bluegills by providing additional practice in deeper water. Introduction of specific swimming strokes starts here.

**Skills to be learned:** Deep-water skills like diving and treading water, front crawl and elementary backstroke are introduced.

## Small Mouth Bass

**Purpose:** To develop swimmers' confidence in the strokes learned in past levels, and to continue to improve other aquatic skills.

**Skills to be learned:** Diving, introduction to side stroke, breast stroke, back crawl, and survival swimming.

## Large Mouth Bass

**Purpose:** This class is a continuation of Small Mouth Bass and focuses on developing coordination and distance. Butterfly is also introduced at this level.

**Skills to be learned:** Surface dives, open turns, 50 meters of front crawl, elementary backstroke, 25 meters of back crawl, breaststroke, sidestroke, and 15 meters of butterfly.

## Walleye

**Purpose:** Swimmers learn a variety of dives and turns at this level and continue to learn how to coordinate and refine strokes while swimming with endurance.

**Skills to be learned:** Shallow dives, flip turns, 50 meters of front crawl, elementary backstroke, breaststroke; and 25 meters of butterfly and sidestroke.

## **Muskies**

**Purpose:** This level teaches swimmers about competitive swimming and some basic lifeguarding skills. Swimmers work on turns, technique, endurance, how to use swim aids and proper training. This class also covers some rescue skills and rescue tube techniques.

**Skills to be learned:** Front crawl, back crawl, elementary backstroke, breaststroke, butterfly, and side stroke. Also how to use lap swim equipment, open and flip turns, lap swim training, and stroke technique are reviewed.