

COURSE DESCRIPTIONS 2010

Water Adjustment: (Parent and Child- ages 6 months to 3yrs)

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.

Level I: Introduction to Water Skills (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.

Level II: Fundamental Aquatic Skills (Bluegills)

Purpose: To give participants success with fundamental 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.

Level III: Stroke Development (Perch)

Purpose: To build on skills learned in level 2 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.

Level IV-A: Stroke Improvement (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.

Level IV-B: Stroke Improvement (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, 25 yards of front crawl and elementary backstroke, and 15 yards of back crawl, breaststroke, sidestroke, and butterfly.

Level V: Stroke Refinement (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, sculling, 50 yards of front crawl and elementary backstroke, 25 yards of butterfly, breaststroke, back crawl, and sidestroke.

Level VI: Personal Water Safety (Muskies)

Purpose: To refine strokes, teach students how to prevent aquatic emergencies, and practice self-rescue techniques.

Skills to be learned: Survival float, survival swimming, treading water, self-rescue techniques, and a 500 yard swim using various strokes and turns.

Level VI: Fitness Swimmer (Muskies)

Purpose: This level teaches swimmers about competitive swimming. Swimmers work on turns, technique, endurance, how to use swim aids and proper training.

Skills to be learned: 500 yard swim, how to use swim aids, open and flip turns, aquatic exercises, and training technique knowledge.