Swim Lesson Placement/Progression Guide

Progression Guide

Aquatots
↓
Preschool 1
↓
Preschool 2
↓
Preschool 3
↓
Preschool 4 → Youth 1
↓
Youth 2
↓
Youth 3
↓
Youth 4

2019 Swim Lesson Class Equivalent	2020 Swim Lesson Class Offerings
Aquatots 1 & 2	Aquatots
Preschool 1	Preschool 1
Preschool 2	Preschool 2
Preschool 3	Preschool 3
Preschool 4 & 5	Preschool 4
Youth 1 & 2	Youth 1
Youth 3	Youth 2
Youth 4	Youth 3
Youth 5 & 6	Youth 4

Why did we change our classes?
We have refreshed our swim lesson program in order to accommodate more students, and to help those students gain and retain their skills.

When should my child move up to the next level?
Most students participate in the same level two or three times before advancing to the next level.

We pass out report cards the Wednesday before the end of the session. Report cards have the passing skills needed in order to move up to the next class. These skills are also seen on page 43 of the brochure.

Passing Skills: all passing skills must be checked off by the instructor in order to advance.

Transfers:
Has the Session Started? The parent needs to speak to the Lesson Coordinator **<u>If NOT:</u>** The parent needs to transfer via phone

Registration closes Thursday prior to the beginning of the session at 4:00pm. Please do not add to roster without speaking to Max, Jules or the Lesson Coordinator.

Swim Test: Swimmer jumping into the deep end of the pool, fully submerge the head and swim 25 yards in a front crawl stroke without struggling or using the wall for assistance.

Aquatots — Ages: 6 - 36 months — Parent Child Class — Main Pool

Sign up for Aquatots IF :
- Student is between 6-36 Months — wants to gain comfortability in water

IF older than 36 months, with little to no experience in the water look at:
- Preschool 1 (3-5 years)
- Youth 1 (5-14 Years)

Preschool — Ages: 3-5 years **2 month grace period allowed**

Preschool 1 & 2 = Wading Pool **Preschool 3 & 4 = Shallow end, Main Pool**

Sign Up For Preschool ___ If STUDENT:
- **P1**– Introduction—little to no experience in the pool
- **P2**– can blow bubbles, front/back float, has experience in water
  - **Yes = Read next level ↓** • **No = Register level before ↑**
- **P3**– can retrieve objects underwater, perform bubble bobs, front/back float for 6 seconds, kick without support
  - **Yes = Read next level ↓** • **No = Register level before ↑**
- **P4**– can front crawl stroke, elementary backstroke with little assistance, front/back float for 10 seconds, perform 10 bubble bobs
  - **Yes = Read next level ↓** • **No = Register level before ↑**

Youth — Ages: 5-14 years **2 month grace period allowed**

Sign Up For Youth ___ If STUDENT:
- **Y1**– Introduction—little to no experience in the pool, is between 5-14 years of age, if younger review P1/P2 equivalent, I folder suggest Teen/Adult Group Lessons
- **Y2**– can submerge head, retrieve objects, float/glide through water while kicking, swim front crawl/backstroke with little/no assistance
  - **Yes = Read next level ↓** • **No = Register level before ↑**
- **Y3**– has passed swim test (learn to pass in Y2), can freestyle/backstroke with breathing, tread water, dive/jump into water and recover
  - **Yes = Read next level ↓** • **No = Register level before ↑**
- **Y4**– has passed swim test (learn to pass in Y2), freestyle/backstroke 50 yards, tread water, enter pool in deep end and recover. Class designed for stroke work (swim team prep style course)
  - **Yes = Register for this level** • **No = Register level before ↑**

AQUATOTS

AGES 6–36 MONTHS
MAIN POOL | CLASS SIZE: 10

Our parent-child class encourages comfortability and safety in and around water through guided instruction. This class' goal is to acclimate your child in the water by introducing water sprinkled on the head and face, bubble blowing, in water assisted arm and leg motioning, along with aqua inspired songs to bring fun and excitement to pool time with their parents.

PRESCHOOL LEVELS 1, 2, 3, 4

AGES 3–5 YEARS
WADING POOL, MAIN POOL | CLASS SIZE: 5

Our preschool classes are taught without the assistance of parents as we introduce independent swimming skills. Preschool one and two are taught in our shallow water wading pool, this provides a comfortable and friendly learning environment for the beginner swimmers. Our preschool three and four classes are moved over into the shallow end of the main pool, which offers more exploration of skills for these upper level preschool swimmers.

PRESCHOOL 1 SKILLS—WADING POOL

- Blowing bubbles
- 3 Bubble bobs
- Front/back float with support
- Front/back streamlining with support

PRESCHOOL 2 SKILLS—WADING POOL

- 8 Bubble bobs
- Retrieve underwater objects
- Front/back float 6 seconds
- Front/back streamlining & kick without support

PRESCHOOL 3 SKILLS—SHALLOW END OF MAIN POOL

- Retrieve underwater objects
- Rhythmic breathing with kicks and support
- Front crawl & Elementary backstroke 5 yards
- Front/back float 10 seconds

PRESCHOOL 4 SKILLS—SHALLOW END OF MAIN POOL

- 15 Bubble bobs
- Pop-up breathing while doing:
- Front crawl 15 yards
- Elementary backstroke 15 yards
- Kickboard - breaststroke kick 10 yards
- Kickboard - dolphin kick 10 yards
- Dive/jump into water and recover
- Swim underwater 5 yards

YOUTH LEVELS 1, 2, 3, 4

AGES 5–14 YEARS
MAIN POOL | CLASS SIZE: 6–8

Our youth classes are taught throughout our main pool. Youth one focuses on an introduction to swimming and works on comfortability in the shallow water of our main pool. Youth two and three focus on gaining and retaining the skills of swimming, floating, diving, underwater swimming, and water safety in and around pools. Youth four is for those who can already swim, we will work on stroke clean-up and refinement.

YOUTH 1 SKILLS—CLASS SIZE 6

- Roll over – front to back/back to front
- 10 Bubble bobs
- Retrieve underwater objects
- Front/back float 6 seconds
- Front crawl & elementary backstroke 5 yards each
- Kickboard - front/back streamlining with kicks and pop-up breathing

YOUTH 2 SKILLS—CLASS SIZE 6

- Front/back floats 30 seconds
- Kickboard - butterfly/breaststroke/freestyle kicks 10 yards each
- Tread water 30 seconds
- Rhythmic breathing with body in horizontal position 5 breaths
- Deep Water Swim Test
- Dive/jump into water and recover
- Front crawl & elementary back stroke with pop-up breathing 25 yards each

YOUTH 3 SKILLS—CLASS SIZE 6

MUST HAVE PASSED DEEP WATER SWIM TEST

- Rhythmic/rotary breathing with body in horizontal position
- Stroke development
- Freestyle 50 yards
- Backstroke 50 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Treading water for 1 minute
- Use of flip turns while lap swimming

YOUTH 4 SKILLS—CLASS SIZE 8

MUST HAVE PASSED DEEP WATER SWIM TEST

- Surface dive & retrieve an object at a depth of 7 feet
- Tread water for 2 minutes
- Flip turns while swimming 500 yards continuously
- Freestyle 100 yards
- Backstroke 100 yards
- Breaststroke 100 yards
- Butterfly 100 yards
- Stroke of choice 100 yards

TEEN/ADULT LEVELS 1, 2

AGES 13 & UP
MAIN POOL | CLASS SIZE: 6–8

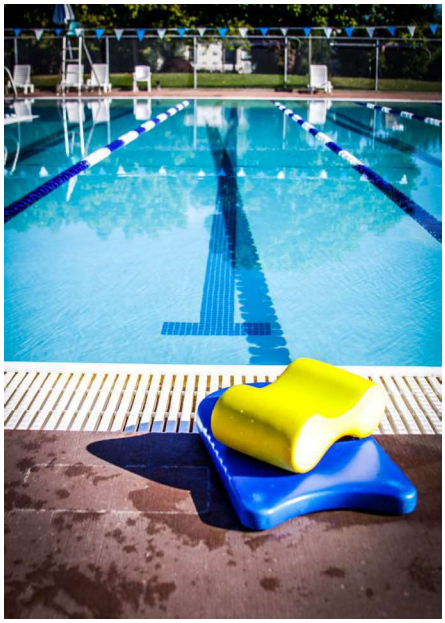
Classes are broken down into two levels so that students are grouped together based on skills & abilities. Level 1 is an introductory class for those who have had very low exposure to swimming and may not be comfortable in the water; in this class you will gain water comfortability and introduction to basic swimming techniques. Level 2 is a class that builds on basic swimming technics, while building water confidence and the ability to swim without assistance.

LEVEL 1—INTRODUCTION TO SWIMMING—SHALLOW WATER

- Learn to float and streamline on your front and back
- Explore alternating and simultaneous leg kick & arm pull motions
- Attain skills for front crawl and elementary backstroke
- Introduction to treading water
- Acquire basis water safety skills

LEVEL 2—IMPROVEMENT & REFINEMENT—DEEPER WATER

- Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke
- Refine efficient and effective strokes
- Tread water for at least 1 minute
- Increase swimming speed and distance ability
- Develop fitness, swimming and other aquatic goals with the instructor's assistance



See page 4 for Registration Information or Register Online at **KirklandParks.net**