

## **Parent/Child Aquatics | Lesson Description and Fact Sheet**

6mo-5 years

### **Parent/Child A**

Ages: 6mo – 2 years

Purpose:

- Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills.
- Provide safety information for parents and teach techniques parents can use to orient their children to the water

Prerequisites:

- No skill prerequisites
- Child must be at least 6 months old
- Parent must accompany child to each class

### **Parent/Child B**

Ages: 2– 5 years

Purpose:

- Improve skills learned in Parent/Child A and teach more advanced skills
- Continue to build on water safety knowledge

Prerequisites:

- Comfort level with skills taught in Parent/Child A
- Parent must accompany child to each class

## **Preschool Aquatics | Lesson Description and Fact Sheet**

Ages 3-5 years

### **Skippers 1**

Purpose:

- Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills
- Help participants begin to develop positive attitudes and safe practices in and around water

Prerequisites:

- No skill prerequisites

### **Skippers 2**

Purpose:

- Build on and improve skills learned in Skippers 1
- Increase knowledge of water safety topics introduced in Skippers 1

Prerequisites:

- Successful completion of Skippers 1 and successful demonstration of Skippers 1 exit skills.
  - Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”)
  - While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

### **Skippers 3**

#### **Purpose:**

- Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills
- Help participants begin to develop positive attitudes and safe practices in and around water

#### **Prerequisites:**

- Successful completion of Skippers 2 and successful demonstration of Skippers 2 exit skills.
  - Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
  - Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
  - Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

## **School Age Aquatics | Lesson Description and Fact Sheet**

Ages 5-12 years

### **Level 1, Introduction to Water Skills**

#### **Purpose:**

- Orient participants to the aquatic environment and help them gain basic aquatic skills.
- Help participants begin to develop positive attitudes and safe practices around water

#### **Prerequisites:**

- No skill prerequisites

### **Level 2, Fundamental Aquatic Skills**

#### **Purpose:**

- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.

#### **Prerequisites:**

- Successful demonstration of Level 1 exit skills.
  - Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
  - Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)

### **Level 3, Stroke Development**

#### **Purpose:**

- Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.

#### **Prerequisites:**

- Successful demonstration of Level 2 exit skills.
  - Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
  - Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
  - Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

## **Level 4, Stroke Improvement**

### **Purpose:**

- Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3

### **Prerequisites:**

- Successful demonstration of Level 3 exit skills.
  - Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
  - Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

## **Level 5, Stroke Refinement**

### **Purpose:**

- Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke)

### **Prerequisites:**

- Successful demonstration of Level 4 exit skills.
  - Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
  - Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
  - Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

## **Level 6, Swimming and Skill Proficiency – Fitness Swimming**

### **Purpose:**

- Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances.

### **Prerequisites:**

- Successful demonstration of Level 5 exit skills.
  - Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
  - Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.