

# Class Descriptions

## SWIM STARTERS (Parent Child)

Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun and confidence-building experiences, while parents learn about water safety, drowning prevention and the importance of supervision.

### **STAGE A Water Discovery | 6 months - 3 years**

Parents accompany children in Stage A, which introduces infants and toddlers to the swimming environment through exploration and encourages them to enjoy themselves while learning about the water.

INSTRUCTOR TO PARENT-CHILD PAIRS RATIO - 1:12

QUALIFICATIONS - None!

### **STAGE B Water Exploration | 6 months - 3 years**

In Stage B, parents work with their children to explore body positions, floating, blowing bubbles and fundamental safety and swimming skills.

INSTRUCTOR TO PARENT-CHILD PAIRS RATIO - 1:12

QUALIFICATIONS - None!

## SWIM BASICS

Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills:

- Swim, float, swim - sequencing front glide, roll, back float, roll, front glide and exit
- Jump, push, turn, grab

### **STAGE 1 Water Acclimation | Ages: Preschool 3-5 years | School age 5-12 years |**

Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in Stage 1. This stage lays the foundation that allows for a student's future progress in swimming.

INSTRUCTOR TO STUDENT RATIO - 1:6

QUALIFICATIONS - None!

### **STAGE 2 Water Movement | Ages: Preschool 3-5 years | School age 5-12 years |**

In Stage 2, students focus on body position and control, directional change and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

INSTRUCTOR TO STUDENT RATIO - 1:6

QUALIFICATIONS

- Able to go under water & comfortably open eyes without goggles
- Able to float on front & back with minimal assistance
- Able to jump in the pool, submerge & return to the wall with assistance

### **STAGE 3 Water Stamina | Ages: Preschool 3-5 years | School age 5-12 years |**

In Stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

INSTRUCTOR TO STUDENT RATIO - 1:6

#### QUALIFICATIONS

- Able to float on front & back unassisted
- Able to push off the wall on stomach with face submerged for 10 feet unassisted
- Able to swim-float-swim 15 feet unassisted
- Able to jump into deep water and return to the wall unassisted

## SWIM STROKES

Skills to support a healthy lifestyle

Having mastered the fundamentals, students learn additional water safety skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

### **STAGE 4 Stroke Introduction | Ages: Preschool 3-5 years | School age 5-12 years |**

Students in Stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke, kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

INSTRUCTOR TO STUDENT RATIO - 1:8

#### QUALIFICATIONS

- Able to submerge & retrieve an object in chest deep water
- Able to swim front crawl 15 yards while taking a breath
- Able to swim-float-swim 15 yards
- Able to jump in & tread water for 30 seconds
- Able to swim to wall & exit

### **STAGE 5 Stroke Development | Ages: School age 5-12 years**

Students in Stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

INSTRUCTOR TO STUDENT RATIO - 1:8

#### QUALIFICATIONS

- Able to front crawl & back crawl 25 yards
- Able to swim breaststroke kick and dolphin kick 15 yards
- Able to tread water using multiple kicks for 1 minute

### **STAGE 6 Stroke Mechanics | Ages: School age 5-12 years**

In Stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming and discover how to incorporate swimming into a healthy lifestyle.

INSTRUCTOR TO STUDENT RATIO - 1:8

#### QUALIFICATIONS

- Able to swim front crawl with bent arm recovery & rotary breathing for 25 yards
- Able to swim back crawl with stroke rotation for 25 yards
- Able to swim butterfly with over arm recovery
- Able to swim breaststroke for 25 yards achieving stroke rhythm
- Able to dive from kneeling position