

## Chillicothe Family Aquatic Center - Swimming Lessons Information Sheet

**Cost:** \$40.00 per two-week session (Monday through Thursday. Fridays are rain days) (\$8.00/per 30 minutes)  
**Dates:** Session 1 (June 14-25) Session 2 (July 5-16) Session 3 (July 26-August 6)  
**Times:** Check Signup Sheets  
**Classes:**

### Parent/Tot (6 months to 3 years)

*NOTE: May be taken more than once*

- \* Orientation to water and learning basic skills
- \* Child must be accompanied by an adult in the water
- \* Swim pants/diaper is required
- \* Safety and fun in the water will be the emphasis, along with parental interaction

### Water Explorer (3 – 5 years)

*NOTE: May be taken more than once*

#### **Prerequisite**

- \* Ability to listen and follow instructions
- \* Willingness to explore aquatic environment without parental assistance
- \* Little or no fear of chest-deep water
- \* Willingness to submerge face in the water

#### **Skills to be taught**

- \* Basic front and back floating to help a child become comfortable in the water
- \* Learn to trust instructors and flow basic direction
- \* Games to help children enjoy aquatic environment

### Beginner Level I (5 to 7 years)

#### **Prerequisite**

- \* Successful passage of Water Explorer
- \* Ability to listen to and follow instructions
- \* No fear of water

#### **Skills to be taught**

- \* Holding breath while submerging face for 3 seconds
- \* Bubble blowing
- \* Supported front and back floating
- \* Supported front and back kicking
- \* Opening eyes under water

### Beginner Level II

#### **Prerequisite**

- \* Successful passage of Level I
- \* Must be comfortable with water
- \* Perform a supported front and back float

#### **Skills to be taught**

- \* 10 bobs (chest to chin)
- \* Hold breath while submerging face for 5 seconds
- \* Unsupported back and face float for 5 seconds
- \* Flutter kick on front and back
- \* Submerge and retrieve objects under shallow water
- \* Front and back crawl with kick for 5 yards

### Beginner Level III

#### **Prerequisite**

- \* Successful passage of Level II
- \* Float on back
- \* Fully submerge head

#### **Skills to be taught**

- \* Retrieve objects underwater with eyes open or with goggles
- \* Rotary breathing from both sides
- \* Kneeling or compact dive from pool side
- \* Glide (float) on back and face with push off

- \* Front and back crawl with kick for 10 yards
- \* Learn to tread water

### Intermediate Level IV

#### **Prerequisite**

- \* Successful passing of Level III
- \* Swim unassisted front crawl stroke for 10 yards
- \* Show ability to tread water
- \* Ability to jump into deep water

#### **Skills to be taught**

- \* Deep water bobbing
- \* Standing dive from pool side
- \* Front and back crawl for 15 yards
- \* Breaststroke with whip kick for 5 yards
- \* Sidestroke with scissor kick for 5 yards
- \* Tread water for 2 minutes
- \* Deep water orientation

### Intermediate Level V

#### **Prerequisite**

- \* Successful passage of Level IV
- \* Front and back crawl for 15 yards
- \* Standing dive from side of pool
- \* Tread water for 2 minutes
- \* Demonstrate breaststroke and sidestroke with kicks for 5 yards

#### **Skills to be taught**

- \* Breaststroke with whip kick for 15 yards
- \* Sidestroke with scissor kick for 15 yards
- \* Long shallow dive from side of pool
- \* Front and back crawl for 25 yards each
- \* Butterfly with dolphin kick for 5 yards
- \* Diving board orientation with standing dive

### Skill Level VI

#### **Prerequisite**

- \* Successful passage of Level V
- \* Front and back crawl for 25 yards each
- \* Demonstrate breaststroke and sidestroke with kicks for 15 yards
- \* Demonstrate standing dive from boards

#### **Skills to be taught**

- \* Front and back crawl 50 yards each
- \* Breaststroke with whip kick for 25 yards
- \* Sidestroke with scissor kick for 25 yards
- \* Butterfly with dolphin kick for 15 yards
- \* Pike/tuck surface dives from diving board

### Skill Level VII

#### **Prerequisite**

- \* Successful passage of Level VI
- \* Demonstrate crawl, breast, side and butterfly strokes
- \* Demonstrate pike/tuck surface dives

#### **Skills to be taught**

- \* Dives from diving board
- \* Breaststroke and sidestroke for 25 yards
- \* Butterfly stroke for 15 yards
- \* Front crawl for 100 yards
- \* Continuous swimming for 250 yards