

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 15-26) Session 2 (July 6-17) Session 3 (July 27-August 7)
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