

## **DeForest Summer Swim Lesson Levels**

**Parent/Tot:** Ages 8 months – 4 yrs. Parent and child work on water adjustment skills together. Limited to 8 parent/child pairs per instructor.

**Tiny Tot:** Ages 3 – 4. Students work with instructor on water adjustment skills. Limited to 5 students per instructor.

**\*Levels 1 – 6 are limited to 8 students per instructor. A minimum age of 5 is required for students entering any level above Tiny Tot.**

**Introduction to Water Skills (Level 1):** Orientation in the water. Learn to fully submerge, demonstrate breath control, demonstrate supported kicking on front and back, and become familiar with alternating arm action.

**Fundamental Aquatic Skills (Level 2):** Students should already be able to hold breath under water for 5 secs. They will retrieve underwater objects, perform flutter kick on front and back, perform alternating arm stroke with flutter kick and rhythmic breathing. Learn unsupported floating on front and back.

**Stroke Development (Level 3):** Students should already be able to swim a width of the pool with alternating arm strokes and head in water. Learn coordinated front(with rotary breathing) and back crawl, introduced to butterfly, treading water, and learn head-first entries.

**Stroke Improvement (Level 4):** Should be able to coordinate arm stroke for front crawl with breathing on the side for 25 yards(length of the pool. Will build endurance and improve technique in strokes learned in Level 3, learn basics of breaststroke, elementary backstroke, and sidestroke. Learn turn basics.

**Stroke Refinement (Level 5):** Should be able to swim front and back crawl correctly. Perform elementary backstroke (without scissors kick). Continue to refine butterfly, breaststroke and sidestroke. Introduce flip turns, and increase knowledge of safety skills.

**Swimming and Skill Proficiency (Level 6):** Should be able to perform breaststroke and sidestroke with their proper kicks. Will be perfecting strokes learned at previous levels and enhance their efficiency, as well as exploring other aquatic activities, diving, Personal Water Safety, and Fitness Swimming.

**\*\*New Level: Conditioning and Pre-lifeguarding: For ages 11 and up.** The focus of this group will be to refine strokes and build endurance. This class is designed for middle school students who have mastered lessons, but would like to continue with in-water conditioning. Students will also be introduced to pool safety measures through Lifeguard Readiness training.

*To ensure swimmers the most rapid development and improvement during swim lessons, parents will only be allowed on the deck during swim lessons on the first and final day of the session. Parents may watch swim lessons through the windows in the hall adjacent to the pool.*