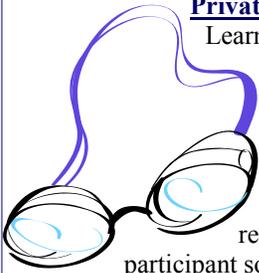


## Course Descriptions & Learning Objectives

### Private Lessons

Learning objectives are based upon the needs and abilities of the participant and shall be decided upon with the instructor. Participant may choose to include one additional student of a similar level.  
(\$15 added charge per additional child with one instructor)



### Infant/Toddler Aquatic Program (I.A.P.)

Prerequisites: Infant: 6-18 months (parent or adult required in water); Toddler: 18-36 months Objectives: Increase knowledge of water safety & practices. Provide an opportunity for water adjustment & swimming readiness skills. Use play as a basic form of learning and provide fun & enjoyment in the water. Encourage participant socialization. Provide parental involvement in the learning process and reinforce the parent's role in the child's learning of skills.

### Preschool Aquatic Program (P.A.P.)

Prerequisites: Preschool: 3-5 years (**no exceptions**). Objectives: Increase knowledge of water safety & practices. Provide an opportunity for water adjustment & swimming readiness skills. Use play as a basic form of learning and provide fun & enjoyment in the water. Encourage participant socialization. Fully submerge face. Experience buoyancy. Demonstrate supported floating and kicking on front. Enter and exit water independently. Become familiar with alternating arm action. Explore deep water with support from the instructor. Level off from a vertical position.

### Level I/Water Exploration

Prerequisites: Elementary: 6-12 years. Objectives: Become oriented to the aquatic environment and move comfortably through the water. Fully submerge face. Experience buoyancy and demonstrate basic breath control. Demonstrate supported floating and kicking on front & back. Enter and exit water independently. Become familiar with alternating arm action. Explore deep water with support. Level off from a vertical position. Learn basic rules of diving from side of pool.

### Level II/Primary Skills

Prerequisites: Student should be able to keep themselves afloat and swim 12 yards without assistance. Objectives: Fully submerge head and retrieve underwater objects. Demonstrate unsupported front & back float or glide. Demonstrate rhythmic breathing. Perform flutter kick on front & back. Demonstrate finning on back. Perform combined stroke on front & back. Demonstrate turning over, back to front & front to back. Demonstrate the fundamentals of backstroke & treading water. Continue basic rules of diving from side of pool, and diving block. Begin the fundamentals of elementary breaststroke and butterfly.

### Level III/Stroke Readiness

Prerequisites: Demonstrate competency in Level II skills. Objectives: Retrieve object, unsupported, with eyes open. Dive from the side of the pool and diving block (if water depth permits). Demonstrate gliding with push-off. Demonstrate the fundamentals of elementary backstroke & treading water.

### Pee-Wee Swim Team

Prerequisites: Ages 4-6 years. Demonstrate ability to swim 12.5 yards independently in the deep end of the pool. Attend a minimum of three practices each week. Participate in a minimum of three swim meets one of which is an away meet during the season. Objectives: Increase competency in freestyle. Acquire skills in backstroke, breaststroke, and butterfly. Introduce basic swim team skills. Pee Wee Swim Team is not a substitute for swimming lessons.

### Swim Team

Prerequisites: Ages 7-18 years. Demonstrate ability to swim 25 yards independently. Demonstrate competency in freestyle and backstroke. Attend a minimum of three practices each week. Participate in a minimum of three swim meets one of which is an away meet during the season. Objectives: Increase competency in freestyle and backstroke. Acquire skills in breaststroke and butterfly. Increase competency in basic swim team skills.

### Water Aerobics

Prerequisites: None. Objectives: Increase flexibility, tone muscles, and increase cardiac fitness level through low impact, shallow water aerobic activities.

### Lifeguarding

Prerequisites: Participant being at least 15 years of age and the completion of a basic water skills test. The American Red Cross Lifeguarding Training Class covers the skills and knowledge required for effective lifeguarding at swimming pools. Class fee is \$150.00.

### JR Lifeguard

Prerequisites: Participant being at least 11 years of age. With ability to swim freestyle 25 yards (one pool length) This is a training and informative course only. Participants will learn to supervise others around water and recognize when someone is in trouble, the causes and ways to prevent drowning and diving accidents, how to perform self-rescue and rescue techniques of others in trouble, provide assistance to others using non-swimming techniques, learn characteristics and skills necessary to become a lifeguard, some swim technique and endurance improvement, how to retrieve an object from the bottom of the pool using a surface dive 10 feet from side of pool. Date and time will be scheduled when a minimum of 6 participants have registered.

