

Swim Lessons

Thank you for enrolling in swimming lessons at the Jack Link's Aquatic & Activity Center. Please, keep in mind that swimming lessons are designed to help students develop their abilities while having an enjoyable time in the water. All the activities and games performed during swim lessons are intended to help reach class goals and objectives. These activities also build confidence and remove apprehension.

The JLAAC is a proud provider of American Red Cross Water Safety Programs. As an authorized provider, our instructors are required to follow set guidelines and skill progressions. The skills that will be taught in each level are listed on the reverse side of this letter. Our instructors will not reserve one specific class for skills testing; instead, they will spend the entire session evaluating your child's progress. In addition, the American Red Cross Water Safety Program also requires each student pass the exit skill assessments before advancing to the next level. These exit skill assessments will be evaluated toward the end of each session. Diving will not be taught at this facility.

The instructors will work with each student on an individual basis to the best of their ability within the limits of the class structure. Because many of the skills being introduced are difficult, it is often necessary for students to repeat a level. This is not to be considered a failure, but rather as an opportunity for the student to master each skill before adding on to those skills. Because of this, the pass/fail aspect of our program is de-emphasized. Every student will receive a check-off report at the end of the session that will allow parents to see what skills the child accomplished and which ones need more practice. Praise and encourage your child's efforts, and above all, show pride in all their accomplishments.

Parents and siblings must leave the pool area during class. Children do best and learn more when there are a minimum number of distractions and observers. Parents are welcome to watch from the Lounge. Members or guests on a day pass are welcome to use the facility while they wait. The first and last day are designated as "Parent Days" and parents are encouraged to come and see what their child is doing in class.

Many skills covered in Otter - Level 2- require students to exhale and open their eyes under water. Because of this, we ask that students do not wear nose plugs and/or goggles during these classes. For Levels 3 and above, goggles are allowed.

Finally, we ask that participants under the age of 13 use the family locker room to get ready. To help protect your belongings, we highly encourage the use of our day lockers. The locker rooms are used by many members and guests and JLAAC is not responsible for items that are lost, stolen, or damaged.

To find out if swimming lessons are canceled due to hazardous weather conditions, please call the Welcome Desk at 1 (715) 972-8320.

JLAAC strives to offer a high-quality swimming program. We hope that all participants have a safe and enjoyable time in the water. If you have any questions or concerns regarding the swimming program, please call the Recreation Director at 1 (715) 972-8324.

Thank you,

Jack Link's Aquatic & Activity Center Staff



American Red Cross Swimming Progressions

Level Completion Skills (not all-inclusive)

Parent/Child Aquatics (6mo – 3 years):

P/C Level 1

Skills for children and for parents
Ask permission before entering the water
Enter and Exit the water safely
Feel comfortable in the water
Submersion techniques
Basic Water Safety information

P/C Level 2

Skills for Children and for Parents
Moving through the water
Exploring below the surface
Combined arm and leg actions in the water
Properly supervising children around water
Basic Rescue Skills (Reaching and Throwing Assist)

Preschool Aquatics (4 – 5 years):

Otter (PA Level 1)

Enter & Exit the water independently using ladder/step/ramp/side
Travel at least 5 yards (walk, move along the gutter, “swim”)
Submerge mouth and blow bubbles for at least 3 seconds
Glide on front for at least 2 body lengths
Roll into a back float and float for 3 seconds
Recover to a vertical position

Seal (PA Level 2)

Glide on front at least 2 body lengths
Roll into a back float and float for 15 seconds
Recover to a vertical position
Glide on back for at least 2 body lengths
Roll on to front and then recover to a vertical position
Swim using combined arm and leg actions on front for 3 body lengths
Roll to back, float for 15 seconds
Roll onto front and continue to swim on front for 3 body lengths

Dolphin (PA Level 3)

Step from the side into chest-deep water
Move into treading or a float for 15 seconds
Swim on front and/or back for 5 body lengths
Move into a back float for 15 seconds, roll to front then recover to a vertical position
Push off and swim using combined arm and leg actions on front for 5 body lengths
Roll to back, float for 15 seconds, roll to front then continue to swim for 5 body lengths

Learn-to-Swim (6 years +):

LTS Level 1

Enter & Exit the water independently using ladder/step/ramp/side
Travel at least 5 yards (walk, move along the gutter, “swim”)
Bob 5 times
Glide on front at least 2 body lengths
Roll into a back float and float for 5 seconds
Recover to a vertical position

LTS Level 2

Enter & Exit from the side into chest-deep water
Float/tread without support for 15 seconds
Swim on Front/Back for 5 body lengths
Recover to a vertical position without support
Explore various arm and leg actions for swimming on the front and back
Learn the foundation for future stroke development

LTS Level 3

Jump into deep water from the side
Maintain position by treading or floating for 1 minute
Swim the front crawl for 25 yards
Swim the elementary backstroke for 25 yards

LTS Level 4

Feet first entry into deep water
Swim the front crawl for 25 yards
Swim the elementary backstroke for 25 yards
Swim the breaststroke for 15 yards
Swim the back crawl for 15 yards
Perform open turns on the front and back
Swim underwater comfortably

LTS Level 5

Swim the front crawl for 50 yards
Swim the elementary backstroke for 50 yards
Swim the breaststroke for 25 yards
Swim the back crawl for 25 yards
Perform appropriate and efficient turning styles

LTS Level 6 (Personal Water Safety)

Demonstrate all six swimming strokes
Demonstrate open and flip turns while swimming
Demonstrate surface dives while swimming and retrieving submerged objects
Demonstrate various survival techniques
Demonstrate treading without arms
Swim 500 yards continuously using any 3 strokes

The skills listed above are an abbreviated guideline based on the standards set by the American Red Cross. Many of the stroke skills have separate minimum requirements for each level. Instructors are responsible for setting lesson plans to meet the class goals and evaluating skills based on the minimum requirements.