

Swim Lessons

Outcomes: Improve current level of strength, endurance & swimming technique; Learn safety in and around the water; Gain lifetime appreciation for the water; Develop a safer community through safer swimmers.

Registration Deadline: At 12:00 PM (noon) the day BEFORE the first day of class.



Parent/Child Aquatics

AGE: 6 months - 3 years

An Adult is **REQUIRED** to participate in the water with each child.

Parent/Child Level 1

Prerequisites: Be 6 months of age before the first class.

Goal: Familiarize children with water, teaching swimming readiness skills, building safe habits for aquatic environments, educating parents on how to safely supervise and enjoy the water with their children.

Parent/Child Level 2

Prerequisites: Be 6 months of age before the first class AND

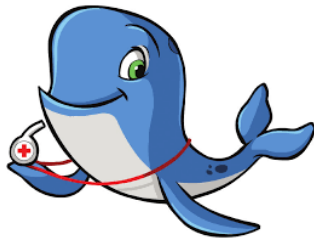
A) successfully complete Parent/Child Level 1

OR

B) confidently explore the water with support (on front and back) and submerge the mouth, nose and eyes.

Goal: Children learn when and how to safely enter and exit the water, develop breath control, gain comfort with the feeling of buoyancy, learn arm and leg actions for swimming, and continue building safe habits for aquatic environment including the expectation of parent supervision and what to do in an emergency. Provides parents with safety information and techniques they can use to help their children in the water.

Longfellow's



WHALE Tales

Water Habits Are Learned Early!

Sessions are being offered in
Fall, Winter, Spring & Summer!

Preschool Aquatics

AGE: 4 - 5 years

An Adult is **not required** to participate in the water .

OTTER (Preschool Level 1)

Prerequisites: Be at least 4 years of age before the first class.

Goal: Learn when and how to independently enter and exit the water, develop breath control, experience and gain comfort with buoyancy on the front and back, practice beginner arm and leg action on the front and back, prepare to safely participate in aquatic activities, learn how to recognize emergencies and call for help.

SEAL (Preschool Level 2)

Prerequisites: Be at least 4 years of age before the first class AND

A) successfully complete OTTER (Preschool Level 1)

OR

B) be able to do the following using support as needed:

1) independently enter the water, move 5 yards through the water, submerge to their mouth to blow bubbles for 3 seconds, then safely exit the water; **2)** glide on their front for 2 body lengths, roll to back and float for 3 seconds, then recover to standing.

Goal: Begin to independently float, glide, and move through the water with minimal assistance. Perform previous level skills for longer lengths of time or distances, explore deeper water, prepare to safely participate in aquatic activities, learn how to recognize emergencies and call for help.

Dolphin (Preschool Level 3)

Prerequisites: Be at least 4 years of age before the first class AND

A) successfully complete SEAL (Preschool Level 2)

OR

B) be able to do the following with minimal assistance:

1) independently glide on front 2 body lengths, roll to back, float for 15 seconds, then recover to standing; **2)** glide on back for 2 body lengths, roll to front, then recover to standing; **3)** swim on front for 3 body lengths, roll to back, back float for 15 seconds, roll to front, then swim on front for 3 body lengths.

Goal: Gain increasing independence and endurance while swimming, floating, and gliding, explore treading water, learn more about safely participating in aquatic environments, learn how to safely respond once help is on the way.

Learn-to-Swim Aquatics

AGE: 6 years+

Note: Children who have participated in Preschool Aquatic Levels can use the following chart to choose your next level:

(PA Level Completed → LTS Level to Enter)

OTTER → LTS Level 1 SEAL → LTS Level 2 DOLPHIN → LTS Level 2

LTS Level 1

Prerequisites: Be at least 6 years of age before the first class.

Goal: Orientate children to the aquatic environment, teach basic aquatic skills, prepare children to safely participate in aquatic activities, teach how to recognize emergencies and call for help.

LTS Level 2

Prerequisites: Be at least 6 years of age before the first class AND

A) successfully complete LTS Level 1

OR

B) be able to do the following: **1)** independently enter the water safely, travel 5 yards through the water, bob 5 times, then safely exit the water; **2)** glide on front for 2 body lengths, roll to a back float for 5 seconds, then recover to standing.

-A wall may be used during Part 1. Instructor may provide minimal assistance for Part 2.

Goal: Begin to independently float, glide, and move through the water. Perform previous level skills for longer lengths of time or distances, explore deeper water, and prepare to safely participate in aquatic activities, learn how to recognize emergencies, call for help, and safely respond once help is on the way.

LTS Level 3

Prerequisites: Be at least 6 years of age before the first class AND

A) successfully complete LTS Level 2

OR

B) be able to do the following: **1)** independently step into chest deep water, push off the bottom, tread or float for 15 seconds, swim on front or back for 5 body lengths, then safely exit the water; **2)** move into a back float, float for 15 seconds, then return to standing; **3)** Push off, swim on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then swim on front for 5 body lengths.

Goal: Perform previous level skill sets for longer lengths of time or distances, introduction to the front crawl & elementary backstroke, develop water competency, learn how to stay safe near frozen/cold bodies of water, safely swim underwater, and choose where/when to exit the water.

LTS Level 4

Prerequisites: Be at least 6 years of age before the first class AND

A) successfully complete LTS Level 3

OR

B) be able to do the following: **1)** jump into deep water, recover to the surface, tread or float for 1 minute, turn a full rotation and orient to exit point, level off, swim front crawl 25 yards, then safely exit the water; **2)** push off in a streamlined position, swim front crawl 15 yards, swim elementary backstroke 15 yards, then safely exit the water.

Goal: Perform previous level skill sets with greater proficiency and build endurance, introduction to the back crawl ~ breaststroke ~ sidestroke ~ butterfly & turning at the wall, practice using equipment in an emergency, and survival floating.

LTS Level 5

Prerequisites: Be at least 6 years of age before the first class AND

A) successfully complete LTS Level 4

OR

B) be able to do the following: **1)** jump into deep water, swim front crawl 25 yards, swim elementary backstroke 25 yards, then safely exit the water; **2)** swim breaststroke 15 yards, then swim back crawl 15 yards; **3)** Submerge and swim 3-5 body lengths underwater, surface, then safely exit the water.

Goal: Perform previous level skill sets with greater proficiency and build endurance, introduction to flip turns on front and back, develop a safety first attitude towards water parks, understand the importance of First Aid & CPR.

LTS Level 6

Prerequisites: Be at least 6 years of age before the first class AND

A) successfully complete LTS Level 5

OR

B) be able to do the following: **1)** enter deep water, swim front crawl 50 yards, then swim elementary backstroke 50 yards; **2)** swim breaststroke 25 yards, then swim back crawl 25 yards.

Goal: Stroke refinement for greater efficiency and effectiveness over longer distances; focus on personal water safety and the skills necessary to become a Water Safety Instructor or Lifeguard; as time allows skills for fitness swimming will be introduced.

Adult Swim Aquatics

AGE: 15 years+

Learning the Basics

Prerequisites: None.

Goal: Help participants gain basic aquatic skills and swimming strokes, teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.

Improving Skills and Swimming Strokes

Prerequisites: Be comfortable in chest-deep water, able to put your face in the water, able to perform strokes that can be recognized as the front crawl, breaststroke and back crawl (each for 15 yards).

Goal: Improve proficiency in basic aquatic skills and the six basic swimming strokes, teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency.

Swimming for Fitness

Prerequisites: Be able to swim Front Crawl 25 yards, Breaststroke 15 yards & Back Crawl 25 yards (as described in the LTS Level 4 stroke performance chart).

Goal: Refine front crawl ~ back crawl ~ breaststroke ~ turns and build endurance, teach skills and concepts needed to stay safe in and around water.