

Skyline Lakes SUMMER 2019 Swimming Lessons

TENTATIVE SCHEDULE

Members only

S.L.P.O.A.'s Swimming Lessons Program will begin on Friday, June 23 and run for five weeks, 3 days a week through July 29. The Program will be supervised by a Red Cross Certified Swimming Instructor. All swimming instructions will be taught by Red Cross certified Life guards. Because we have a Red Cross Certified Instructor, each child will receive a Red Cross Card and the end of the program. As always, only current members who have joined the Association may participate in this program.

PROGRAM OUTLINE

AGES 3yrs-12yrs (\$65.00/ per child)

June 24, Monday

Swimming tests will be given to determine your child's ability and level (times tba)

June 26 to July 31: Mondays, Wednesdays and Fridays – Swimming Lessons

Participants will be grouped by swimming ability, and be given lessons 3 days a week. The lessons will take place at the Main Beach between 8:00 a.m. – 11:30 a.m., hours may be modified depending on size of group. The lessons will mirror the suggested Red Cross swimmer's program and is designed to move each participant into the next level.

- Mommy/Daddy and Me (\$30.00/per child) 30 minute Parent & Child Swim (Parent must be present in water).

If you're interested in the Swimming Program, please fill out the Participation Application and Child-Care Authorization forms. Return it as indicated on the application no later than June 20th If you have any questions or need further information, please feel free to call Jim Martocci at 973-831-7841, Martocci@aol.com or Karen Summers 973-839-3961 4summers@optonline.net.

NO CHILD WILL BE ALLOWED TO PARTICIPATE WITHOUT PAYMENT IN ADVANCE.

Skyline Lake Swim Lessons

Level 1 (Crayfish) - Age Recommendation: 4-6

8:30-9:15am

Purpose-

1. Orient participants to the aquatic environment and help them gain basic aquatic skills.
2. Help participants begin to develop positive attitudes and safe practices around water.

Prerequisites- No skill prerequisites. Be comfortable going into the water without parent.

Skills to Learn:

1. Water Adjustment Skills (bubbles, face in, bobbing)
2. Front/Back Float with assistance
3. Moving on kickboard with assistance
4. Arm and hand treading actions
5. Front/Back glide with assistance
6. Recover from float/glide to vertical position
7. Arm Pulls "Scoops"
8. Ts & Is with assistance
9. Adding scoops, bubbles, and kicks together
10. Retrieving sinkers from shallow end with bubbles
11. Kicking on rope

To Graduate Level 1:

1. No crying or Refusal behavior
2. Comfortable in the water without parent
3. Will submerge face and blow bubbles 5 times
4. Does not show obvious fear
5. Trusts instructor to assist them

6. Swim 10 feet without assistance on front/back
7. Relaxed in a front/back float (some assistance)

Level 2 (Sunfish) - Age Recommendation: 6-7
9:15-10:00am

Purpose-Build on the basic aquatic skills and water safety skills and concepts learned in Level 1

Prerequisite-Successful demonstration of the Learn-to-Swim Level 1 exit skills assessment

Skills to Learn:

1. Submerge entire head with bubbles/touch ground in deep end with assistance
2. Front/Back Float independently
3. Blowing Bubbles for 10 seconds
4. Pushing off ground into front/back rocket
5. Flutter kicking on rope
6. Ts & Is
7. Dolphin Dive back to rope with assistance
8. Recover from glide or float to vertical position
9. Safety Knowledge & Drills
10. Moving on kickboard with some assistance
11. Arm pulls out of the water to instructor
12. Diving for sinkers
13. Introduce rotary breathing
14. Treading arm and leg motion
15. Pancake floats

To Graduate Level 2:

1. Demonstrate front/back float independently
2. Treading for 15 seconds, swim on front/back for 5 body lengths
3. Swim freestyle for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths

Level 3 (Carp) - Age Recommendation: 8-10
10:00-10:45am

Purpose-Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment

Perquisites- Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment

Skills to Learn:

1. Kicking on kickboard independently
2. Kicking on back on kickboard independently
3. Introduce headfirst entry from kneeling & sitting position
4. Front/Back glide
5. Jumping in from dock
6. Streamline and Streamline with dolphin kick
7. Continuous bobbing with bubbles
8. Safety knowledge/drills
9. Swim freestyle with Rotary breathing
10. Introduce backstroke
11. Introduce breaststroke kick
12. Introduce elementary backstroke
13. Treading 1 minute
14. Diving for sinkers
15. Changing from vertical to horizontal positions

To Graduate Level 3:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, level off, swim freestyle and/or elementary backstroke/backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position then swim freestyle for 15 yards, change position and direction as necessary, swim elementary backstroke/backstroke for 15 yards

Level 4 (Bass) - Age Recommendation: 9-11
10:45-11:30am

Purpose-Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3

Perquisites- Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment

Skills to Learn:

1. Treading
2. Headfirst entries
3. Swimming underwater
4. Survival Swimming
5. Refine freestyle
6. Refine Backstroke
7. Streamline with dolphin kick
8. Swim out to dock without stopping
9. Safety Knowledge
10. Introduce breaststroke
11. Introduce butterfly
12. Sinkers in deep end

To Graduate Level 4:

1. Perform feet first entry into deep water, swim freestyle for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim backstroke for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater

Level 5 (Snapping Turtles)- Age Recommendation: 11-12
11:30-12:15pm

Purpose- Help participants refine their performance of swimming strokes, and gain endurance in order to swim for greater distances.

Perquisites- Successful demonstration of the Learn-to-Swim Level 4 exit skills assessment

Skills to Learn:

1. Treading using only leg 2 minutes
2. Tread water 5 minutes
3. Dives
4. Refine Freestyle/Backstroke/Breaststroke/Butterfly/Elementary Backstroke
5. Swimming to the dock and back with freestyle/backstroke
6. Diving from dock
7. Introduce Sidestroke
8. Safety knowledge/Drills

Parent Child Aquatics (Mommy & me)- Age Recommendation: 3 years and younger
12:30-1:00

Skills to Learn:

1. Blowing bubbles
2. Feeling comfortable in water
3. Grabbing sinkers with bubbles
4. Arm pulls intro
5. Getting face/ears wet
6. Back/front float intro
7. Holding positions and Support Techniques
8. Water entrance/exits