



## SWIM LESSONS

# What Level Do I Sign Up For?

The Town of West Hartford utilizes the American Red Cross Learn to Swim Program, which has 6 levels. Each level of Learn-to-Swim includes water safety topics as well as the in-water skills. The chart below is meant to be used to help you determine what level to sign your child up for. Below are the minimum requirements for students to enroll in each level.

### PARENT CHILD 1 6-18 Months

This class is for parents with children ages 6 -18 months. This is a water introduction class where comfort in the water and submerging are taught in a low pressure and fun environment. Water experimentation, blowing bubbles, and basic skills are instructed through songs and activities.

### PARENT CHILD 2 18 Months – 3 years:

This class is for children between the ages of 1 1/2 and 3 years. This class expands on some skills learned in the first course, but adds some more difficult skills such as floating, submersion, and gliding.

### PRE-SCHOOL LEVEL 1

This class teaches children the most elementary aquatic skills. They continue to develop safe practices around the water.

### PRE-SCHOOL LEVEL 2

This class teaches independent aquatic locomotion skills. Children continue to explore simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes.

### PRE-SCHOOL LEVEL 3

This class teaches children to perform their skills independently. They are taught to improve coordination of combined arm and leg actions and alternating arm and leg actions.

### LEVEL 1

#### Introduction to Water Skills

- Be at least 4 years old
- Be able to participate in a group setting without a parent present

### LEVEL 2

#### Fundamental Aquatic Skills

- Be at least 4 years old
- Be comfortable in a class setting without the parent present
- Be comfortable submerging head & face and opening eyes underwater
- Be able to blow bubbles under water for 3 seconds
- Front float and glide (head submerged) with assistance
- Be comfortable entering the water unassisted

### LEVEL 3

#### Stroke Development

- Fully submerge body and hold breath for 10 seconds
- Do 10 bobs with head submerged and blowing bubbles
- Float on front and back 15 seconds without assistance
- Be comfortable in water over their head
- Tread water for 15 seconds
- Demonstrate rotary breathing at least 5 times
- Swim on front/back using strokes for 5 body lengths

### LEVEL 4

#### Stroke Improvement

- Be able to tread water for 1 minute
- Back Float for 1 min. in deep water
- Be able to do sitting & kneeling dive
- Swim 15 yds front crawl w/ rotary breathing
- Perform breaststroke kick for 15 yds
- Perform elementary backstroke for 15 yds
- Scissors kick for 15 yards
- Swim 25 yards using front crawl and/or elementary backstroke

### LEVEL 5

#### Stroke Refinement

- Swim 50 yards without stopping using front crawl/ elementary backstroke
- Tread water 2 minutes
- Swim underwater 3-5 body lengths
- Dive from a standing position
- Front Crawl w/breathing 25 yards
- Breaststroke 15 yards
- Butterfly 15 yards

### LEVEL 6

#### Fitness Swimmer

- Swim 50 yards of front crawl
- Swim 25 yards of butterfly
- Swim 25 yards breaststroke
- Swim 50 yards elem. backstroke
- Perform a front and back flipturn
- Tread water 5 minutes
- Swim 100 yards continuously with proper breathing

### STROKE & FITNESS

#### Fitness Swimmer

- Age 13 and up
- Stroke development
- Introduction to competitive swimming
- Endurance and stroke technique
- Daily fitness aquatic training