

# SUMMER SWIMMING LESSONS

@ the John F. Kennedy High School swimming pool

## Class Levels & Descriptions

### **Water Babies - Ages 6 months to 3 years (Adult required in water)**

Classes are taught as a combined class with the parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Parents learn basic teaching skills.

### **Tots - Ages 3 to 5 years (Participants grouped by ability)**

Orients preschool-aged children to the aquatic environment and helps them acquire rudimentary level aquatic skills. Teaches water entry & exit skills, underwater exploration, floating, glide, and combined water movement skills & water safety skills.

### **Polliwog (Level 1) - Ages 5 to 13 years**

Beginner level for those uncomfortable or inexperienced in the water. Teaches basic water skills including gliding with face in water, floating and kicking.

### **Guppy (Level 2) - Ages 5 to 13 years**

For children able to swim 20 feet without a flotation device. Teaches swimming on front, back and side, and taking a breath while swimming.

### **Minnow (Level 3) - Ages 6 to 13 years**

For children able to swim 15 yards on front and back, without a flotation device. Teaches front crawl with rotary breathing, backstroke, sidestroke, and beginning breaststroke.

### **Fish (Level 4) - Ages 7 to 13 years**

For children able to swim 25 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Refines breast stroke, teaches butterfly, open turns and improves other strokes.

### **Flying Fish (Level 5) - Ages 7 to 13 years**

For children able to swim 50 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Further refines breast stroke, butterfly, open turns and improves other strokes.

### **Shark (Level 6) - Ages 7 to 13 years**

For children able to swim 50 yards front crawl with rotary breathing, back freestyle and backstroke. Further enhances strokes so student swims with more ease, efficiency, power, and smoothness over greater distances