



Spokane Valley Parks and Recreation Swim Lesson Level Description

Lessons are two weeks long; Mon. - Thurs.

Parent/Child: *6 months – 3 years.* This program is designed to give young children a positive and supportive learning environment for introducing children to the water and swimming skills through developmentally appropriate activities for infants and young children. Parents and children participate in guided activities that include bubble blowing, back floats, front and back kicking, under water exploration and much more. **Class Time:** 30 minutes

Preschool Level 1: Age: 3- 5 years. Children are introduced to elementary aquatics skills; they start to develop a good attitude and safe practices around the water. Participants will learn to: blow bubbles through their mouth and nose; float & glide on their back and front; basic strokes; water safety. **Class Time:** 30 minutes

Preschool Level 2: Age: 3- 5 years. Children continue to build upon the basic skills learned in level 1. Most skills are performed with assistance. Participants will learn to: bob with breath control; float and glide on front and back; roll over from either front or back; tread using arm and leg actions; water safety. **Class Time:** 30 minutes

Preschool Level 3: Age: 3- 5 years. Build upon skills learned in level 1 and 2 and develop more proficient performance and greater distance/time. Skills at this level are performed independently. Participants learn to: jump into deep water; independently swim on front and back; tread for 15 sec; enhanced water safety. **Class Time:** 30 minutes

Learn to Swim Levels: Age: 6+

Level 1: (Introduction to Water Skills).

Purpose: Help participants feel comfortable in the water. Participants learn to: enter/exit the water; submerge mouth, nose, eyes; float & glide on their front and back; explore swimming on front & back using arm and leg motions with support; water safety. **Class Time:** 30 minutes

Level 2: (Fundamental Aquatic Skills).

Purpose: Give participants success with fundamental skills. Participants learn to: submerge their entire head; float & glide on their front and back; tread in chest-deep water; swim on front, back and side using arm and leg actions; change direction while swimming; water safety. **Class Time:** 30 minutes

Level 3: (Stroke Development).

Purpose: Build upon skills learned in Level 2 through additional guidance and practice. Participants learn to: jump into deep water; dive; float in deep water; glide with 2 different kicks; front crawl; elementary backstroke; water safety.

Class Time: 30 minutes

Level 4: (Stroke Improvement).

Purpose: Develop confidence and technique in the skills and strokes learned in previous levels. Participants learn to: front crawl & elementary backstroke 25 yds; breaststroke & back crawl 15 yds; open turns; surface dives; scissor kick; water safety.

Class Time: 45 minutes

Level 5: (Stroke Refinement).

Purpose: Provides further development in stroke coordination and technique. Participants learn to: do a variety of dives; front crawl & elementary backstroke 50 yds; breaststroke & back crawl 25 yds; flip turns; sidestroke; butterfly; survival swimming; water safety. **Class Time:** 45 minutes

Level 6: (Swimming and Skill Proficiency).

Purpose: Build on endurance and proficiency of all six swimming strokes. Customized to meet the objectives of the participant, with a focus on preparing students to participate in more advanced training, including Lifeguard and Water Safety Instructor certification courses. **Class Time:** 45 minutes