

LEVELS OF BRIDGTON REC Summer Swim

Parent & Me (Baby & Me)

Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water. No skill prerequisites. Child must be at least 6 months old. Parent must accompany child in the water during each class.

Preschool Aquatics

Familiarize children approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around water. No skill prerequisites. Children should be approximately 4 years old or older. Preschool aquatics focuses on children being able to listen in a “classroom” environment without their parents in the water.

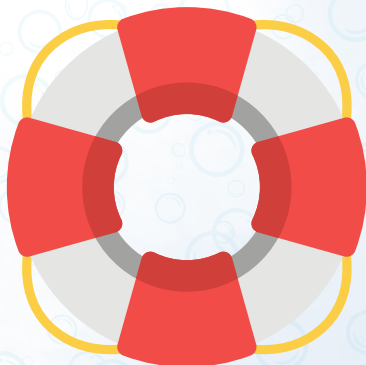


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Level 1: Intro to Water Skills

Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitudes and safe practices around water. No skill prerequisites. Participants usually start at about 6 years of age.

Level 1 swimmers will learn how to float on their front and backs; submerge on cue; glide and swim 3-5 body lengths.



Level 2: Fundamentals of Aquatic Skills

Build on the basic aquatic skills and water safety skills and concepts learned in Level 1. To enter level 2, swimmers must successfully demonstrate the Learn-to-Swim Level 1 exit skills assessment:

- 1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along the gutter or "swim.")*
- 2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. (This part of the assessment can be performed with assistance.)*

Level 2 swimmers further develop their floating ability, begin to swim in water over their heads and are introduced to front crawl, rotary breathing and elementary backstroke.

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Level 3: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a water environment. Successful demonstration of the Learn-to-Swim Level 2 exit skills assessment:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for at least 5 body lengths.

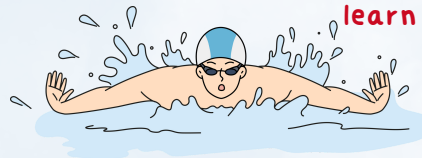
Swimmers in level 3 will continue to learn front crawl and elementary backstroke, will be introduced to breaststroke and scissor kick and will begin practicing dives. Most of level 3 is taught in deep water.

Level 4: Stroke Improvement

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Successful demonstration of the Learn-to-Swim Level 3 exit skills assessment:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.
3. 15 yards, then exit the water.

Level 4 swimmers learn side stroke, breaststroke, and back crawl. They are introduced to butterfly stroke and both front and back open turns. Swimmers continue to develop diving techniques and learn safety skills like treading water, survival swimming and surface dives.



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Level 5: Stroke Refinement

Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Successful demonstration of the Learn-to-Swim Level 4 exit skills assessment

- 1. Perform a feet first entry into deep water, swim front crawl 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 back crawl for 15 yards.*
- 3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.*

Level 5 swimmers work to perfect their 6 strokes, strengthening their endurance and sharpening their skills. New flip turns are introduced and new dives are taught. Swimmers continue to work on their water safety skills, learning about CPR and First Aid.

Level 6: Skill Proficiency

Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques.

Successful demonstration of the Learn-to-Swim Level 5 exit skills assessment

- 1. Perform a shallow-angle dive into deep water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.*
- 2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim*
- 3. back crawl for 25 yards using appropriate and efficient turning styles throughout.*

Level 6 swimmers become masters of their strokes. They are expected to swim long distances- up to 100 yards in a particular stroke and 500 yards continuously using three different strokes. Swimmers in the level 6 water safety course are also taught basic safety skills that can later be developed into lifeguarding skills.