

2010 SIMSBURY RECREATION DEPARTMENT SWIM LESSON DESCRIPTIONS

SWIM READINESS - Ages 2 & 3

Purpose: Introduce children to the water and group instructional situation.

Adjustment to class situation w/o parent

Enter and exit water safely

Puts face in water

Blow bubbles in water

Explores deeper water with assistance

Explores floating and kicking on front and back

Water Safety Rules

LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose: To begin developing positive attitudes, good swimming habits and safe practices in and around the water

5 Bobs

Front float with support 3 seconds

Back float with support 3 seconds

Front glide with support 2 body lengths

Back glide with support 2 body lengths

Roll over from front to back

Roll over from back to front

Combined stroke on front with support 5 yards

Combined stroke on back with support 5 yards

Travels in water independently 5 yards

Get a submerged object held at arm length

Water safety and PFDs

LEVEL 1 EXIT SKILLS:

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose: To give participants success with fundamental skills, including learning how to float without support and to recover to a vertical position

Jumps into water

10 Bobs

Front float and glide unassisted 5 seconds

Back float and glide unassisted 5 seconds

Roll over front to back

Roll over back to front

Front Crawl 5 - 10 yards

Back Crawl 5 - 10 yards

Open eyes under water and retrieve submerged objects

Tread water using arm and leg actions

Water Safety and PFDs

LEVEL 2 EXIT SKILLS:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 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 5 body lengths. (You can assist the participant when taking a breath.)

LEVEL 3: STROKE DEVELOPMENT

Purpose: To build on the skills in Level 2 by providing additional guided practice in deeper water

Front Crawl	15 yards
Elementary Backstroke	15 yards
Back Crawl	15 yards
Breaststroke Kick	15 yards
Butterfly Kick	15 yards
Scissors Kick	15 yards
Rotary Breathing	
Survival Floating	30 seconds
Back Float	30 seconds
Treading Water	30 seconds
Dive from a sitting or kneeling position	
Water Safety and non-swimming assists	

LEVEL 3 EXIT SKILLS:

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

LEVEL 4: STROKE IMPROVEMENT

Purpose: to develop participants' confidence in the strokes learned in Level 3 and to improve other aquatic skills

Front Crawl with rotary breathing	25 yards
Elementary Back Stroke	25 yards
Back Crawl	15 yards
Breaststroke	15 yards
Butterfly	15 yards
Sidestroke	15 yards
Open turns for front and back crawl	
Survival Swimming	2 minutes
Tread Water (using two different kicks)	2 minutes
Swim Underwater	3 body lengths
Feet First Surface Dive	
Dive from a compact or stride position	

LEVEL 4 EXIT SKILLS:

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

LEVEL 5: STROKE REFINEMENT

Purpose: To further learn how to coordinate and refine strokes

Front Crawl	50 yards
Elementary Back Stroke	50 yards
Back Crawl	25 yards
Breaststroke	25 yards
Butterfly	25 yards
Sidestroke	25 yards
Sculling	1 minute
Long shallow dive into front crawl	

Flip turns for front crawl
Flip turn for back crawl
Tuck and Pike Surface dives
Rescue Breathing

LEVEL 5 EXIT SKILLS:

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

LEVEL 6: PERSONAL WATER SAFETY

Purpose: To refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. To teach students how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self rescue techniques.

Front Crawl	100 yards
Back Crawl	100 yards
Elementary Back Stroke	50 yards
Breaststroke	50 yards
Butterfly	50 yards
Sidestroke	50 yards
Flip turns for Front and Back Crawl	
Open turns for breaststroke and butterfly	
Tread water without hands	2 minutes
Surface dive and get an object off the bottom of 7 feet or more	
Help and Huddle position	2 minutes
Survival Floating and Swimming	10 minutes

LEVEL 6 EXIT SKILLS

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Swim 20 yards, perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.