

# WAC Swim Lesson Course Descriptions

|   | Prerequisite                           | Course Description  | Exit Skills Assessment   |
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| <b>Parent-Child Aquatics</b><br>12-36 mo. | NA                                     | This course encourages water comfort and safety for our youngest swimmers! Participants will be led through water exploration activities and will practice basic swimming and water safety skills. An adult or guardian <b>MUST</b> accompany the child in the water during each class. |  |
| <b>Water Basics 1</b><br>3-6 yrs.         | potty-trained                          | This course teaches young swimmers basic water safety, water adjustment and swimming skills. Participants will learn how to enter and exit the water safely, submerge, blow bubbles, float on front and back, and glide on front and back (with assistance).                            | <ol style="list-style-type: none"> <li>1. Enter water independently, travel at least 5 yards, bob 5 times, then safely exit the water.</li> <li>2. Glide at least 2 body lengths, roll to a back float for 5 sec. and recover to a vertical position (with assistance).</li> </ol>   |
| <b>Water Basics 2</b><br>3-7 yrs.         | Water Basics 1 Exit Skills Assessment  | This course furthers young swimmers' water skills and independence. Participants will learn to swim on their front and back independently. They will also learn new skills for deep water, rotary (side) breathing and greater endurance with freestyle and backstroke.                 | <ol style="list-style-type: none"> <li>1. Step into chest-deep water, push off bottom, tread or float for 15 seconds, swim on front or back for 5 body lengths, then exit water. Move into a back float for 15 seconds, roll to front and recover to a vertical position.</li> <li>2. Push off in glide, then swim using combined arm and leg actions on front for 5 body lengths, roll to back, float 15 seconds, roll to front, then swim 5 body lengths.</li> </ol> |
| <b>Learn to Swim 3</b>                    | Water Basics 2 Exit Skills Assessment  | This course is designed for intermediate swimmers who can swim freestyle and backstroke independently for at least 15 feet. Swimmers will refine freestyle and backstroke, and will learn elementary backstroke, side kicking and basic head-first entries in deep water.               | <ol style="list-style-type: none"> <li>1. Jump into deep water, recover to surface, maintain position by treading or floating for 1 minute, rotate one full turn, orient to exit point, swim freestyle and/or elementary backstroke for 25 yards, then exit.</li> <li>2. Push off in streamlined position, swim freestyle for 15 yards, change direction and swim elementary backstroke back for 15 yards.</li> </ol>  |
| <b>Learn to Swim 4</b>                    | Learn to Swim 3 Exit Skills Assessment | This course is designed for progressing swimmers who can swim freestyle and elementary backstroke for 25 yards in deep water. Swimmers will increase endurance on known strokes and will begin to learn sidestroke, breaststroke, butterfly and open turns.                             | <ol style="list-style-type: none"> <li>1. Enter feet first into deep water, swim freestyle for 25 yards and return swimming elementary backstroke.</li> <li>2. Swim breaststroke and backstroke for 15 yds.</li> <li>3. Submerge and swim underwater at least 3 body lengths.</li> </ol>   |
| <b>Learn to Swim 5</b>                    | Learn to Swim 4 Exit Skills Assessment | This course is designed for swimmers who can swim freestyle, elementary backstroke and backstroke for 25 yards in deep water, as well as breaststroke for 15 yards. Participants will refine all six strokes, learn flip turns (on front and back) and shallow-angle dives.             | <ol style="list-style-type: none"> <li>1. Enter with a shallow-angle dive, swim freestyle and elementary backstroke for 50 yards (each), using turns.</li> <li>2. Swim breaststroke for 25 yards, turn, and return swimming backstroke.</li> </ol>   |
| <b>Learn to Swim 6</b>                    | Learn to Swim 5 Exit Skills Assessment | This course is designed for advanced swimmers who can swim all six strokes. Participants will work on increasing endurance and will be exposed to basic lifeguard skills and springboard diving.  | <ol style="list-style-type: none"> <li>1. Swim 500 yards continuously, using all six strokes.</li> <li>2. Perform a two-part takeoff with a feet-first entry <i>and</i> a head-first entry from a 1-meter springboard diving board.</li> </ol>   |

## Teen/Adult Beginner Classes are designed for individuals 13 yrs and older.

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| <b>Teen/Adult Beginner</b>     | This course is for teens and adults who have little to no experience in the water. Instructors will work with participants to meet personal goals.  |
| <b>Teen/Adult Intermediate</b> | This course is for teens and adults who can swim 50 yards independently. Participants should be comfortable in water deeper than their head. Instructors will work with participants to refine strokes, improve technique and increase endurance. |
| <b>Teen/Adult Advanced</b>     | This course is for teens and adults who can swim 200+ yards independently. Workouts will be tailored to meet participants' goals and increase stroke refinement and proficiency.  |