

## Oregon City's Swim Lesson Program

### **Water Babies: 6 months – 3 years**

For young and new swimmers. Parents or guardians and children both have something to learn in this introductory class. This class will teach you and your child how to be comfortable in and around the water. Learn games and swimming skills in a safe and controlled environment suited to introduce your child to swimming lessons.

### **Swim Tots A and B: 3 – 5 years**

For a child's first swim lesson, unattended by a parent/guardian. Swim Tots is a safely conducted on our tot docks – platforms that sink in the water to change the depth of the pool – making it easier for children to stand and participate in lessons. Participants learn basic water safety swimming skills through fun games and activities. Skills they will learn include: floating on their front and back, comfortably submerging their head under water and basic water safety.

Note: Our "A" class should be attended first. Upon graduating "A" students may proceed to "B". Only with written approval may a "B" student proceed to Level 1 if they are still under 6 years old. The "B" class is simply an accelerated "A" class, but teaches the skills necessary for the Learn-to-Swim program (levels 1 – 6). All skill in Swim Tots "A" and "B" are conducted with instructors' assistance.

## Oregon City's Learn-to-Swim Program

### Levels 1 - 6, ages 5 and up

#### **Levels 1**

An introductory class that does not take place on the elevated tot docks, and stresses having each skill being performed unassisted. In order for your child to graduate to level 2 he/she must complete level 1 skill unassisted. Students must at least 5 years old to participate (unless written approval is provided) and please keep in mind that if your child is less than 50 inches tall, he/she will not be able to touch the bottom of the shallow end. It is strongly advised to start with Swim Tots (see above) if your child is 5 years old and has never participated in group lessons. Skills learned through games and drills in level 1: submerging the face and opening eyes underwater, blowing mouth and nose bubbles, foundations for front crawl with rotating arms and flutter kick, floating and gliding skills, and basic water safety.

#### **Level 2**

Student's must be very comfortable with their faces in the water and be able to complete all skills in level 1 unassisted. Skills they will learn and must pass successfully demonstrate to pass level 2 are: holding breath and exploring underwater with open eyes, picking up a submerged

object, gliding and floating on the front and back, the unsupported ability to perform the front crawl for a distance of at least 15 meters, more water safety and introduction to basic water rescue skills will also be taught.

### **Level 3**

Building from Level 2, level 3 safely adapts students to deeper water and more advanced skills. The skills they must successfully demonstrate in order to pass include: effective use of multiple kicks (flutter, breaststroke, scissor and dolphin), front crawl with rhythmic breathing, back crawl, jumping and diving into deep water, additional water and safety skills.

### **Level 4**

Introduces a number of new skills. All kicks learned in level 3 will now have their respective strokes incorporated into them. Skills they must successfully demonstrate in order to pass include: Decent execution of front and back crawl; breaststroke, elementary backstroke, sidestroke, and butterfly; strong ability to tread water, swimming underwater, a further understanding of water safety and rescue skills.

### **Level 5**

Taking the skills learned in level 4 a step further, Level 5 seeks to refine every stroke in the swimmers repertoire. The student will also learn a variety of new techniques, most of which incorporate competitive swimming elements. Skills they must successfully demonstrate in order to pass include: very strong treading skills, flip turns for front and back crawl, excellent execution of; front and back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly; more water safety and an introduction to rescue breathing.

### **Level 6**

For the most advanced of young swimmers. In this class, swimmers will perfect everything they have already learned, as well as gain a new knowledge about water safety and what it means to be a responsible lifeguard. Skills they must successfully demonstrate in order to pass include: outstanding execution of; front and back crawl, breaststroke, sidestroke, elementary backstroke and butterfly; perform effective flip turns for crawl and open turns for all other strokes, using the diving board, a feast of other challenging drills and games to help push these now advanced swimmers to safe aquatic futures