

SWIMMING LESSONS



Listed below is a description of what your child will learn while participating in that particular level of the Learn To Swim Program. You must pre-register your child for each individual class. Cost is \$25 per child. Due to the limited number of children per class, no early registrations accepted. No phone registrations accepted.

Our Learn-to-Swim offers something for everybody. Instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands.

The pre-requisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no pre-requisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below:

PARENT & CHILD AQUATICS

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

Participant skills include: Getting wet with toys and kicking • Enter water by lifting in and walking in • Out-of-water and in-water exploration • Exit water by lifting out and walking out • Blowing bubbles on the surface • Blowing bubbles with mouth and nose submerged • Underwater exploration • Submerging mouth, nose and eyes • Front and back floats and glides • Roll from front to back and back to front • Passing from instructor to parent • Leg actions on front and back • The importance of wearing a life jacket • How to call for help and the importance of knowing first aid and CPR • Basic water safety rules • General water safety around the home • Recreational water illnesses • Sun safety

PRESCHOOL AQUATICS

Gives young children about ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

Participant skills include: Enter water by jumping in • Fully submerging and holding breath • Bobbing • Front, jellyfish and tuck floats • Back float and glide • Recover from a front and back float or glide to a vertical position • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back • Staying safe around aquatic environments • Don't just pack it, wear your jacket • Recognizing an emergency • How to call for help • Too much sun is no fun • Look before you leap • Think so you don't sink • Reach or throw, don't go

LEVEL 1: INTRODUCTION TO WATER SKILLS

Helps participants feel comfortable in the water:

Participant skills include: Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and back float • Recover to vertical position from a front glide and back float or glide • Roll from front to back and back to front • Tread water using arm and hand actions • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back • Staying safe around aquatic environments • Recognizing the lifeguards • Don't just pack it, wear your jacket • Recognizing an emergency • How to call for help • Too much sun is no fun

LEVEL 2: PRIMARY SKILLS

Gives participants success with fundamental skills.

Participant skills include: Enter water by stepping or jumping from the side • Exit water using ladder, steps or side • Fully submerge and hold breath • Bobbing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and back float • Recover from a front and back float or glide to a vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back • Staying safe around aquatic environments • Don't just pack it, wear your jacket • Recognizing an emergency • How to call for help • Too much sun is no fun • Look before you leap • Think so you don't sink • Reach or throw, don't go

LEVEL 3: STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper waters.

Participant skills include: Enter water by jumping from the side • Headfirst entry from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change

from vertical to horizontal position on front and back • Tread water • Push off in a streamlined position then begin flutter and dolphin kicks on front • Front crawl and elementary backstroke • Scissors kick • Reach or throw, don't go • Think twice before going near cold water or ice • Look before you leap

LEVEL 4: STROKE IMPROVEMENT

Develops confidence in the skills learned and improves other aquatic skills.

Participant skills include: Headfirst entry from the side in compact and stride positions • Swim under water • Feet first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Push off in a streamlined position then begin flutter and dolphin kicks on back • Reach or throw, don't go • Recreational water illnesses • Think so you don't sink • Look before you leap

LEVEL 5: STROKE REFINEMENT

Provides further coordination and refinement of strokes.

Participant skills include: Shallow-angle dive from the side • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives • Front flip turn and backstroke flip turn while swimming • Tread water • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Standard scull • How to call for help and the importance of knowing first aid and CPR • Recreational water illnesses • Reach or throw, don't go • Look before you leap • Think so you don't sink • Think twice before going near cold water or ice • Wave, tide or ride, follow the guide

LEVEL 6: SWIMMING & SKILL PROFICIENCY

Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving.

Options include: Personal Water Safety • Fitness Swimmer • Fundamentals of Diving

SWIMMING LESSONS

LINCOLN POOL

| SWIMMING LESSONS | SESSION ONE June 13 - 24 | SESSION TWO June 27 - July 8 | SESSION THREE July 11 - 22 | SESSION FOUR July 25 - Aug 5 |
|--|----------------------------------|--|--|----------------------------------|
| Parent & Child Aquatics <i>Ages 6 months - 3 years</i> <i>*Parent participation required</i> | 6:10 - 6:45 PM | 6:10 - 6:45 PM | 6:10 - 6:45 PM | 6:10 - 6:45 PM |
| Preschool Aquatics <i>Ages 4 to 5 years</i> <i>*See description</i> | 6:50 - 7:25 PM | 6:10 - 6:45 PM | 6:50 - 7:25 PM 7:30 - 8:05 PM | 6:10 - 6:45 PM |
| Level 1 <i>Ages 5 to 6 years</i> <i>*See description</i> | 6:10 - 6:45 PM | 10:30 - 11:05 AM 6:50 - 7:25 PM | 10:30 - 11:05 AM 6:10 - 6:45 PM | 6:50 - 7:25 PM 7:30 - 8:05 PM |
| Level 2 <i>Primary Skills</i> | 6:10 - 6:45 PM 6:50 - 7:25 PM | 10:30 - 11:05 AM 6:10 - 6:45 PM 6:50 - 7:25 PM | 10:30 - 11:05 AM 6:10 - 6:45 PM 6:50 - 7:25 PM | 6:10 - 6:45 PM 6:50 - 7:25 PM |
| Level 3 <i>Stroke Development</i> | 6:10 - 6:55 PM | 10:30 - 11:15 AM 7:00 - 7:45 PM 7:50 - 8:35 PM | 10:30 - 11:15 AM 6:10 - 6:55 PM | 6:10 - 6:55 PM |
| Level 4 <i>Stroke Improvement</i> | 7:00 - 7:45 PM | 6:10 - 6:55 PM | 7:00 - 7:45 PM 7:50 - 8:35 PM | 7:50 - 8:35 PM |
| Level 5 <i>Stroke Refinement</i> | | | | 7:00 - 7:45 PM |

HOW TO REGISTER

APRIL 2 - JUNE 3 ONLINE ONLY AT: www.grand-island.com/recreation
 JUNE 6 - JULY 22 WALK-INS ONLY AT: PARKS & RECREATION OFFICE, CITY HALL (100 E. 1ST ST.)
 FEE: \$25.00

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| Parent & Child Aquatics <i>Ages 6 months - 3 years</i> <i>*Parent participation required</i> | | 10:10 - 10:45 | 10:10 - 10:45 | 10:10 - 10:45 10:50 - 11:25 |
| Preschool Aquatics <i>Ages 4 to 5 years</i> <i>*See description</i> | 9:30 - 10:05 10:10 - 10:45 | 9:30 - 10:05 10:10 - 10:45 | 9:30 - 10:05 10:50 - 11:25 | 9:30 - 10:05 10:50 - 11:25 |
| Level 1 <i>Ages 5 to 6 years</i> <i>*See description</i> | 9:30 - 10:05 10:10 - 10:45 10:50 - 11:25 |
| Level 2 <i>Primary Skills</i> | 9:30 - 10:05 10:10 - 10:45 10:50 - 11:25 |
| Level 3 <i>Stroke Development</i> | 9:30 - 10:15 10:10 - 10:55 10:30 - 11:15 |
| Level 4 <i>Stroke Improvement</i> | 9:30 - 10:15 10:30 - 11:15 |
| Level 5 <i>Stroke Refinement</i> | 9:30 - 10:15 | 10:30 - 11:15 | 10:30 - 11:15 | 9:30 - 10:15 |
| Level 6 <i>Skill Proficiency</i> | | 9:30 - 10:15 | | |