



## Swimming Lessons: Class Descriptions

### **A note to the parents:**

Each level teaches skills that take time to master. It is reasonable to expect swimmers to advance approximately one level per year, not per session. We take pride in the quality of our lessons, and it is important to us that swimmers master each level before advancing. If you are uncertain of the level your swimmer is in we will test them the first class of each session and place them appropriately.

### **Beginner/Intermediate Adult Swim - 40 minutes**

We tailor this class for beginner adult swimmers with little to no experience in the water as well as for intermediate adult swimmers who feel comfortable in the water and are looking to improve technique and learn new strokes.

For adult beginners we will work to help them conquer their fear of swimming and introduce basic concepts of stroke technique and water safety. The majority of this class takes place in the shallow-end of the pool.

For adult intermediate swimmers we will cover more advanced, deep-end skills such as diving, treading water, and fitness swimming. As with all of our classes we include important safety skills.

### **Parent/Child (Children 6 months-3 years old) - 30 minutes**

Family members introduce infants & toddlers to the joy of swimming. Infants & toddlers will be encouraged to blow bubbles, play with water toys, & experience the reaching and kicking that will later lead to proper stroke development. Toddlers will also be encouraged to float on front & back. Our focus is fun & comfort in the water.

### **Level 1: Introduction to Water Skills (Beginner) - 45 minutes**

Swimmers learn basic mechanics of swimming with support in the shallow end. Safety rules and introductory lifesaving techniques are also taught at this level.

Basics will include:

- entering and exiting pool
- floating front and back
- coordinating arm and leg movement
- proper breathing technique

**NOTE:** Level 1 has been split into 1A and 1B. 1A is designed for beginner swimmers under 6 years of age. 1B is designed for beginner swimmers over and including 6 years of age. Please sign up accordingly.

## **Level 2: Fundamental Aquatic Skills - 45 minutes**

Swimmers begin to swim without support in the shallow end. Swimmers must also be able to submerge their face in the water. Level two builds upon the skills gained in level one. Safety rules and introductory lifesaving techniques are also taught at this level.

Here swimmers will be introduced to:

- front and back crawl
- sidestroke
- elementary backstroke
- treading water

## **Level 3: Stroke Development - 45 minutes**

In level 3, swimmers will swim without support in the deep end. The strokes will be practiced across the width of the pool to improve strength, consistency, & technique. Safety rules and lifesaving skills are also taught at this level.

**NOTE:** Level 3 has been split up into 3A & 3B. These are the same exact class, they are just held at different times.

## **Level 4: Stroke Improvement - 45 minutes**

Swimmers have already mastered the stroke basics and will receive explicit instruction on improving technique for strength and endurance. Swimmers will work to swim the length of the pool. Introductory diving skills, butterfly, water safety and lifesaving skills are also taught in level 4.

## **Level 5: Stroke Refinement - 1 hour**

Swimmers will be able to perform strokes proficiently down the length of the pool. Lap swimming is practiced. Strokes will be fine tuned and swimmers will be introduced to racing techniques, more advanced diving skills, lifesaving and water safety skills, and the benefits of swimming for fitness.

## **Level 6: Lifeguard Readiness - 1 hour**

Swimmers are expected to swim laps for strength and endurance. They will also be introduced to a variety of lifesaving skills that are used by lifeguards. This class is designed for swimmers who have mastered all other levels and who take an interest in becoming a lifeguard.

**NOTE:** This is not a lifeguard training course. Swimmers will not gain a certification in lifeguarding.

The CRC does offer an American Red Cross Lifeguarding Course once a year. Interested participants must be at least 15 years of age. For more information on the CRC Learn to Swim Program or Lifeguarding Certification Classes through the CRC, please contact Justin Lawler at 978.934.2332 or Justin\_Lawler@uml.edu