



# What Swim Level is My Child?

**My child is 6 – 14 years old:** A grade school or middle school swimmer who has never had or is very new to structured swimming lessons. Your swimmer may or may not be comfortable in the water or is growing in their confidence of being in the water. The first three levels of our program promote water adjustment, basic swimming fundamentals, front and back skills and overall teaches the core or novice fundamentals of swimming.

## Level 1 - Introduction to Water Skills

### No Prerequisite

This is an introductory class to the aquatic environment. In this class your swimmer will progress through water adjustment, assisted water skills on their front and back and will be taught how to be safe around the water, how to use a life jacket and how to get help when they visit us here at the pool.

To successfully pass to a level 2 class your swimmer will need to **comfortably** master all skills and complete the following exit skills:

Enter independently, travel at least 5 yards, bob 5 times, and safely exit the water.

They will also need to be able to glide with their face comfortably in the water and the water line at their ears.

## Level 2 - Fundamental Aquatic Skills

### Successful completion of Level 1

**By the completion of Level 2 your swimmer is relaxed and comfortable with floating on their front as well as their back and may be able to start these floats on their own independently. Your swimmer is at ease with putting their entire face in the water, blowing bubbles from their nose, and submerging completely.**

The objective of level 2 is to give students independent success with fundamental floating and novice stroke mechanics. The emphasis will be on basic floating and fundamentals for back and front stroke skills.

To successfully pass to a Level 3 class your swimmer will need to **comfortably** master and have the correct body & head position in the water (face held in the water comfortably with the water line at their ears and along the top of their head) as well as all skills on their swim lesson card marked as mastered and complete Level 2's exit skills.

## Level 3 - Stroke Development

### Successful completion of Level 2

**By the completion of Level 3 your swimmer has the correct head and body position while in the water can competently swim front crawl (with side breathing) and backstroke.**

Level 3 consists of a lot of new skills and novice swimming fundamentals that will take time for swimmers to master. The objective of this level is for the swimmer to progress from learning long-axis fundamentals to now applying learned fundamentals mastered in Level 2 to stroke technique and stroke drills as applied to front crawl and backstroke. Swimmers will also be introduced to short axis body movements, breaststroke and dolphin kicks.

To successfully pass to a Level 4 class your swimmer will need to have the correct head & body position while practicing their strokes. Be able to competently flutter kick on their front and back, master all swim skills on the inside of their swim lesson card and complete Level 3's exit skills.



# What Swim Level is My Child?

**My Child is 6 – 14 years old:** A grade school or middle school swimmer who has had lessons and successfully passed the fundamental lesson levels 1 – 3. Your swimmer is extremely comfortable in the water and demonstrates with little or no correction proper body mechanics and head position when demonstrating their long-axis swim skills (front crawl & backstroke). The final 3 levels of our program promotes competitive swimming development, further short-axis (breaststroke and butterfly) stroke development and continues the swimmers natural progression in aquatic sports.

## Level 4 - Stroke Improvement

### Successful completion of Level 3

**By the completion of Level 4 your swimmer will competently be able to swim front crawl, elementary backstroke & backstroke for 25 yards and swim breaststroke for 15 yards**

Level 4 swimmers are working toward establishing the beginning of an aerobic base, streamlining their stroke mechanics and polishing freestyle and backstroke through drills and kicking exercises. Swimmers will continue learning breaststroke and butterfly fundamentals including making sure their kicks are symmetrical.

Your swimmer will also have an introduction to competitive style turns like open turns and flip turn basics. As always, the appropriate water safety skills will be included during the lessons.

## Level 5 - Stroke Refinement

### Successful completion of Level 4

**By the completion of Level 5, your swimmer will be able to complete a racing start from the side of the pool and swim front crawl for 50 yards, non-stop. They will be able to swim both elementary backstroke and backstroke for 50 yards as well as 25 yards of breaststroke.**

Level 5 swimmers are working toward refining their strokes through repetitive drills and kicking sets that focus on pieces of each stroke individually. Swimmers will continue with competitive turns and how a swimming turn is incorporated within a continuous swim. Aerobic training is now part of the lesson and swimmers will be swimming several sets of the same activity to accommodate this aspect of the lesson curriculum

## Level 6 - Skill Proficiency

### Successful completion of Level 5

**By the completion of Level 6, your swimmer will be able to swim 500 yards continuously in the following breakdown: 100 yard Freestyle, 100 yards backstroke, 100 yards breaststroke with a refined symmetrical kick, 25 yards butterfly, 75 yards elementary backstroke and 100 yards their choice of stroke.**

Level 6 swimmers are quickly approaching the completion of CPRD's Learn-to-Swim program and will after completion of this level, be able to branch out in several directions when regarding aquatic sports and activities.

Level 6 differs in class set up in that swimmers meet up with the instructor on deck, walking alongside the class and coaching versus the traditional in-water class environment. Swimmers will need to swim non-stop for several sets of repetitive drills and aerobic dynamic during the lesson.



# What Swim Level is My Child?

**My Child is 2 – 5 Years Old:** Below are course descriptions for our preschool and toddler classes. Experiencing the water for the first time can be new, exciting, intimidating, and can be a blast! If you have questions as to which level your child may be ready for please contact us at 503-538-4813.

## Parent & Tot - Parent & Child Basic Water Introduction

### No Prerequisite

This class is for parents who would like to introduce their young children (age 12 months – 3 years) to the aquatic environment.

Parents accompany their children in the water and learn basic orientation and safety skills.

Children and parents learn to be safe in and around the water while building positive experience in the aquatic environment

## Tiny Tot - Independent Water Introduction

### No Prerequisite

This is an introductory course for younger swimmers (age 2 - 3 years) who are ready to be introduced to the water without parental involvement.

Water adjustment, water play, and water safety skills is an emphasis during this introduction to the aquatic environment.

Submerging and floating skill introduction is dependent on your swimmer's comfort level.

## Preschool 1/2 - Introduction & Fundamentals of Swimming

### No Prerequisite for Preschool Level 1/2; ages 4 - 6

This class is a blend of two levels. There are no prerequisites for Preschool Level 1 although, if applicable, Tiny Tot enrollment and participation is a recommendation but not a requirement.

For swimmer safety, CPRD requests that your swimmer be able to stand and move independently on the Tot Dock for this class.

To be a Preschool Level 2 swimmer, your swimmer must be able to **comfortably** submerge, blow bubbles underwater and float (with minimal assistance) on their front and back.

Both levels will be working on basic fundamental skills including, but not limited to, submerging, breath control, floating, gliding, kicking and beginner front crawl, elementary backstroke, and backstroke.

## Preschool 2/3 - Swimming Fundamentals & Stroke Development

### Course prerequisites include completion of Preschool Level 1/2; ages 4-6

This Preschool Class is blend of two levels. To participate in a Prechool 2/3 class, swimmers must successfull pass a Preschool Level 1/2 and **comfortably** master P 1/2 swim skills listed on their swim lesson card.

Swimmers in a Preschool 2/3 class will be striving for complete independence when practicing their swimming skills. Swimmers will work on rolling over front to back, rolling over back to front, front crawl, elementary backstroke, and backstroke.

In addition, Preschool Level 3 swimmers will work on breath control including side breathing and have an introduction to dolphin and whip kicks.