

# Learn to Swim Levels

## Parent and Child

(6-35 months)

### Parent and Child Level 1

This level is designed to familiarize children between the ages of 6 months & 3 years with the water and teach them swimming readiness skills. This level will provide safety information for parents and teach techniques that parents can use to orient their children to the water.

There are no skills prerequisites. A parent/guardian must accompany the child in the water for each class.

#### Exit Skills:

- Demonstrate various hold/support techniques including hug position, chin support, shoulder support on front & side, cuddle, & hip straddle positions
- Demonstrate cueing with child
- Explore getting wet with toys, kicking, games
- Entering & exiting the pool by lifting, walking out (parent), and ladder (child)
- Blowing bubbles on surface & with mouth/nose submerged, with support
- Underwater exploration, with support, with support
- Submerge mouth, nose and eye, with support or independently
- Front & back glides, with support
- Back float, with support
- Rolling from back to front and front to back floats, with support
- Explore leg action on front & back, with support
- Passing from instructor to parent
- Various Water Safety topics will be discussed ([Click here to view Longfellow's Whale Tales safety topics](#))

### Parent and Child Level 2

This level is designed to improve skills learned in Parent & Child aquatics Level 1 and to teach more advanced skills. Participants will continue to build on water safety knowledge.

Participants must be comfortable with the skills taught in Parent & Child Aquatics Level 1. Children who are 18 months years of age can skip Parent & Child Level 1 and begin in Parent & Child Aquatics Level 2 ***if they are comfortable in the (pool) water***. A parent/guardian must accompany the child in the water for each class.

#### Exit Skills:

- Demonstrate various hold/support techniques including hip support on front & back, back support, and arm stroke position
- Demonstrate water entry from a seated position, rolling over & sliding in, stepping or jumping in, using ramp
- In-water exploration, independently, in shallow water
- Demonstrate exiting the water from the side of the pool, ramp, ladder
- Open eyes are retrieve objects below the surface & submerged, with support
- Bobbing, explore independently
- Front glide, to the wall, with support
- Back glide, with support
- Front & back floats, with support
- Rolling from back to front & front to back, with support

- Demonstrate/explore alternating or simultaneous arm & leg action on front & back, with assistance
- Combined arm & leg action on front with breathing & on back, with support
- Various Water Safety topics will be discussed