

# Learn to Swim Levels

## Preschool

(3-5 years of age; not yet in Kindergarten)

### Ducks

Ducks is for the non-swimmer who is new to or not comfortable with the water. In this level we work mainly on water adjustment which helps children begin to develop positive attitudes and safe practices in and around water. Floating, kicking and breath control are also part of the duck curriculum. There are no skills prerequisites for Ducks.

#### Exit Skills:

- Independently enter & exit the water using the ramp, ladder, side
- Blow bubbles, with support
- Submerge mouth, nose, eyes, with support
- Open eyes underwater and retrieve objects (shallow water), with support
- Front & back glide, 2 body lengths, assisted
- Back float, 3 seconds. assisted
- Recover from front & back glide to vertical position, assisted
- Roll from back to front & front to back, with support
- Explore arm & treading actions, chest-deep water, with support
- Alternating & simultaneous arm & leg action on front & back, 2 body lengths with support
- Combined arm & leg actions on front & back, 2 body lengths with support
- Enter water, blow bubbles 3 seconds, exit water (can do with support)
- Glide on front, roll to back, recover to vertical position (with assistance)
- Various water safety topics

### Frogs

The Frogs class is for the beginner that is already comfortable in the water (able to blow bubbles, working toward independent submersion). In this class we are building on the safety topics, water adjustment and skills learned in ducks. Participants must be able to successfully complete all of the Duck exit skills.

#### Exit Skills:

- Enter shoulder deep water by stepping in
- Exit water by using ladder & side
- Bobbing, 5 times
- Open eyes underwater and retrieve object in chest deep water
- Front & back glide, 2 body lengths, with assistance
- Front float (3 sec.) & back float (5 sec.), with assistance
- Recover from front & back floats & glides to a vertical position, assisted in chest-deep water
- Roll from front to back & back to front, with support
- Tread water, 15 seconds, with assistance
- Combined arm & leg actions on front & back, 3 body lengths, assisted
- Finning arm action on back, 3 body lengths, assisted
- Front glide, roll to back, back float, recover to vertical position (with assistance)
- Back glide, roll to front, recover to vertical position (with assistance)
- Swim using arms & legs on front, roll to back, back float, roll to front, continue swimming (with assistance)
- Various water safety topics

## Octopi

Octopi is for the child that is working toward completing all skills independently. Part of the curriculum of Octopi is to increase proficiency and build the skills learned in Ducks & Frogs. Safety concepts and skills taught in previous levels are reinforced and new skills are introduced.

All exit skills must be performed **independently** in order to successfully complete the level.

### Exit Skills:

- Jump in to shoulder-deep water and return to the wall independently.
- Fully submerge & hold breath, 10 seconds
- Bobbing, 10 times, chest deep water
- Rotary breathing, 5 times
- Front float, 10 seconds (jellyfish, tuck)
- Back float, 15 seconds
- Back glide, 3 body lengths
- Recover from a front & back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water, 30 seconds
- Combined arm & leg action on front & back, 5 body lengths
- Finning arm action on back, 5 body lengths
- Step in from side, push off bottom, tread/float 15 seconds, swim on front/back 5 body lengths, exit water
- Back float, 15 seconds, roll to front, recover to vertical position
- Swim on front using arms & legs 5 body lengths, roll to back, float 15 seconds, roll to front, swim 5 body lengths
- Various water safety topics

## Dolphins

This level is by instructor recommendation only. We have found that we have many preschoolers who are able to successfully complete Ducks, Frogs and Octopi but are still too young, and lack the strength and endurance for the Learn to swim classes.

### Exit Skills:

- Continue to work on Octopi skills in order to increase strength and endurance
- Headfirst entry from the side in a sitting & kneeling position
- Bobbing while moving to safety, 10 times
- Rotary breathing, 10 times
- Front float, 20 seconds
- Back float, 1 minute
- Tread water, 1 minute
- Streamlining with dolphin & flutter kick
- Change from vertical to horizontal position on front & back in deep water
- Front crawl with rotary breathing, 10 yards
- Demonstrate elementary backstroke, 10 yards
- Jump in to deep water, recover, tread or float 30 seconds, rotate 1 full turn, swim 15 yards, exit the water
- Push off streamlined, swim front crawl 10 yards, change position / direction, swim elementary backstroke 10 yards
- Various water safety topics