

Aquatics

SWIM CLASS DESCRIPTIONS

There is a maximum of six participants in most class offerings excluding the class "Water Babies" which has a maximum of 10 children and their parent. Due to the parent to child ratio in Water Babies, higher class maximums can be possible with the approval of Aquatic Management.

Upper level swim lessons may have a higher class maximum due to advance swimming abilities.

To register, contact the recreation center (303) 655-2200. Please refer to age ranges when enrolling students. To ensure class safety, students enrolled incorrectly may be removed from lessons if we do not have room for them to move to the correct class. For more information on swim lessons and placement, contact the Pool Manager at (303) 655-2213.

WB

Water Babies:

Ages 6 months - 3 years

Parents must accompany the child in the water. Safety, water adjustment, and water exploration are a few of the skills that will be taught to the parents to enable them to teach their child outside of the structured class as well as introducing a student/instructor relationship. Underwater exploration for both adults and babies is encouraged. Swim students will practice assisted front floats and back floats as well as beginner breath control and water safety topics.

TC

Toddler Crabs:

Ages 12 months-3 years

Parents will accompany their little swimmer in the zero depth area of the leisure pool. This class is intended to continue your toddler's development and awareness in water. Queuing will be a strong topic in class to support water safety. Your toddler will learn to navigate in water no deeper than chest deep. Our little crabs will learn how to "crab walk" and "alligator walk" in the zero depth as well as continue to practice breathe control, assisted floats and assisted glides.

PBP

Preschool Beginner Pollywogs

Ages 3-5 years

There are no prerequisites. This class is recommended for children who have little to no experience in the water and will be introduced to the teacher/student relationship. The objective is to help students acclimate and navigate in the water and to learn how to enjoy the water safely. Students will be introduced to proper breath control, putting their face in the water, assisted floating front/back, assisted front glides. Underwater exploration will be introduced. Students will progressively learn to demonstrate skills independently. Students that successfully pass this class will be able to demonstrate front floats and back floats independently for 10 seconds each. Please refer to age ranges when enrolling students.

PG

Preschool Guppies

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Beginner Pollywogs. Students will build on the basic fundamentals learned in the beginner class including underwater exploration. Independent front glides and back glides will be the focus of this class and the foundation of freestyle and backstroke. To pass this class, students must be able to independently demonstrate front glides and back glides for 10 seconds or two body lengths, whichever distance is further. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Preschool Minnows.

PM

Preschool Minnows

Ages 3-5 years

Class will be held in the lap pool

This class is recommended for students that have successfully passed Preschool Guppies. Students will continue independent swimming progressions in this class including proper freestyle starts from the side of the wall, introduction to beginner freestyle, proper starts for back stroke and beginner back stroke. Students that successfully pass this class must be able to swim independently and comfortably half the length of the lap pool (both beginner freestyle and back stroke). Class participants will swim in the lap pool most or all days. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Level 3. *Swimmers can expect a minimum of 6 months enrolled in Minnows before progressing to Level 3.

1

Level 1: Water Exploration

Ages 6+

There are no prerequisites. This class is recommended for children who have little to no experience in the water. Students will be introduced to the teacher/student relationship. The objective is to familiarize students to the water and to learn how to enjoy the water safely. Students will be introduced to breath control, putting their face in the water, assisted front/back floats, and front glides. Underwater exploration will also be introduced and practiced. Students will need to proficiently perform proper front floats and back floats to pass on to Level 2. Please refer to age ranges when enrolling students.

2

Level 2: Fundamental Skills

Ages 6+

This class is recommended for students who have successfully completed Level 1. The objective is to build students' confidence with fundamental skills previously learned including underwater exploration, independent front floats and back floats. Other skills include breath control, front/back glides and an introduction to freestyle and beginner back stroke. Students will progressively learn to demonstrate front glides and back glides independently. Students will pass to Level 3 when they are able to perform proper front glides (with proper breathe control) and back glides independently for 10 seconds or two body lengths each.

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SWIM CLASS DESCRIPTIONS (cont)

3

Level 3: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed Preschool Minnows or Level 2. We are learning some good stuff in this class! The objective is to continue progressions with freestyle and back stroke. Students will continue to refine proper breathing techniques for each stroke learned. There will be an introduction to breast stroke and elementary back stroke as well as an intro to treading water. Students are required to demonstrate advanced swim skills such as swimming the full length of the lap pool independently both freestyle and backstroke to register for Level 4. Demonstration of Level 3 safety skills will also be required.

4

Level 4: Stroke Development

Ages 6+

This class is recommended for students who have successfully completed Level 3. We are really kicking our swim skills into gear in this class! Freestyle and back stroke skills will be refined with drills and distance swimming as well as an intro to proper "starts" (intro to diving). Proper side breathing technique for freestyle will be taught. Beginner breast stroke will be introduced and practiced as well as improving their elementary back stroke. Students will build endurance and strength with personalized goals for distance swimming. Advanced Swimmers will be encouraged to work on swimming 50 yards of freestyle, back stroke and elementary back stroke. Treading water will also be practiced. Dolphin kicking will be introduced and practiced. Once advanced skills are met, swimmers will be ready to move on to Level 5.



5

Level 5: Stroke Refinement and Endurance

Ages 6+ (*class may exceed six participants)

This class is recommended for students who have successfully completed Level 4. Try to catch us if you can! We will be focusing on building swim endurance using three competitive strokes (free, back and breast stroke) learned as well as refining techniques. Students in this class are familiar with competitive swim strokes. Side stroke will be taught. Distance swimming is the priority in this class with an introduction to flip turns and the final competitive stroke, butterfly. Once advanced skill ability is met, students will have the option to move to our CARA swim program or continue on to Level 6.

6

Level 6: Distance Swimming

Ages 6+ (*class may exceed six participants)

Students enrolled in this class have the ability to swim 50 yards at a time, all strokes. This level is new to the program and is intended for the swimmer with ambition to just keep swimming! Lifeguard goals would be another great reason to enroll in this class! Flip turns will be encouraged during swim sets. 100 yard swims will be the goal for students.

