

# GBRC SWIMMING LESSONS

## LEVEL INFORMATION



### GOOD TO KNOW...

We have lessons for adults who would like to freshen up their skills or learn how to swim for the first time. For more information, contact Megan at [mhammeke@gbrec.net](mailto:mhammeke@gbrec.net).

### WHAT SESSION SHOULD MY CHILD BE IN?

Good question! Check the descriptions below to determine the level of your child. Still have questions, contact Megan Hammeke, aquatics director, at 792-2604 ext. 13 or [mhammeke@gbrec.net](mailto:mhammeke@gbrec.net).

### INFORMATION ABOUT OUR SWIM LESSONS

#### LIL' SPLASHERS (6 months – 2 years old) & TADPOLE TODDLERS (2 & 3 year olds)

These classes are designed for parents of infants or toddlers. This is a great opportunity to begin introducing your child to the fun of water. You'll learn how to safely hold and assist your child, and he/she will learn basic skills while using games, songs, and toys. Parents must get in the water with these lessons.

#### STARFISH (3 years old)

This class is designed for toddlers who have successfully completed the Lil' Splashers or Tadpole Toddlers course. This is a great opportunity to begin introducing your child to the water without a parent/adult in the water with them. A maximum class size of 6 participants helps give your child the attention he/she needs. Games, songs, and toys are used to facilitate water adjustment, exploration, and emerging skills such as breath control, buoyancy, and swimming on his/her front and back. Safety topics are taught and practiced. After successful completion of this level, your child will be promoted to Preschool Aquatics Level 2.

#### PRESCHOOL AQUATICS LEVEL 1 (For swimmers ages 4 & 5 years old)

Games, songs, and toys are used to facilitate water adjustment, exploration, and emerging skills such as breath control, buoyancy, and swimming on his/her front and back. Safety topics are taught and practiced. After successful completion of this level, your child will be promoted to Preschool Aquatics Level 2.

#### PRESCHOOL AQUATICS LEVEL 2 (For swimmers ages 4 & 5 years old)

Games, songs, and toys are used to facilitate water adjustment, exploration, and emerging skills such

as breath control, buoyancy, and swimming on his/her front and back. Safety topics are taught and practiced. After successful completion of this level, your child will be promoted to Level 2.

### GOOD TO KNOW...

After the Preschool Level 2, your child can enroll in Level 2. It is not required to begin at Level 1.

#### LEVEL 1: Introduction to Water Skills

Recommended for children age 6 years old or older who are new to swim lessons or hesitant about the water. This level is designed to help participants feel comfortable in the water. Buoyancy support is provided by both the instructor and equipment while the participants learn about breath control, gliding, and using their arms/legs for forward progress. Safety topics are taught and practiced. If buoyancy support isn't needed, then Level 2 is a better choice.

#### LEVEL 2: Fundamental Aquatic Skills

Gives participants success with fundamental skills:

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arms and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

#### LEVEL 3: Stroke Development

Builds on the skills in Level 2 through additional guided practice in deeper water:

- Beginning head-first entries into water
- Bobbing while moving toward safety
- Rotary breathing & Tread Water
- Survival float and Back float
- Change from vertical to horizontal position on front and back
- Flutter, scissor, dolphin, and breaststroke kicks on front
- Front crawl and elementary backstroke

#### LEVEL 4: Stroke Improvement

Develops confidence in the strokes learned and improves other aquatic skills:

- Headfirst entries from the side in compact or stride position
- Swim under water
- Feet first surface dive
- Survival swimming
- Front stroke and backstroke open turns
- Tread water using two different kicks
- Front & back crawl, elementary backstroke, breaststroke, sidestroke & butterfly
- Sculling, flutter & dolphin kicks on back

#### LEVEL 5: Stroke Refinements

Provides further coordination and refinement of strokes:

- Shallow-angle dive from the side then glide and begin front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip while swimming
- Front & back crawl, elementary backstroke, breaststroke, sidestroke & butterfly
- Skulling

#### LEVEL 6: Stroke Proficiency

Refines the strokes so students swim them with ease, efficiency, power, and smoothness over greater distances. Level 6 is designed with "menu" options. Each of these options focus on preparing students to participate in more advance courses, such as Water Safety Instructor (WSI), competitive swimming or diving. Menu options include: Personal Water Safety, Fundamentals of Diving, and Fitness Swimming.

### PROGRAM POLICIES-

-Due to variable weather conditions, we cannot guarantee the number of lessons given per session. Refunds will not be given for cancellations due to weather. Weather make-up days will be held on Fridays.

-How do you know lessons will be canceled? Go to [www.greatbendrec.net](http://www.greatbendrec.net), call (620) 793-3755 ext. 4 or view our Great Bend Rec Facebook page.

-Only registered swimmers and their parents (for parent and child aquatics program) are allowed in the pool water.

