

## **Bull Run Swim Lesson**

### **Class Descriptions**

**Water Babies** (ages 6-18 months) and **Tadpoles** (ages 19 months to 3 years 6 months): Baby/Toddler and Parent(s) have fun bonding with each other in the water, learning water adjustment, introduction to locomotion, safe water entry and exit, socialization, introduction to lifejackets and underwater exploration.

**Frogs** (ages 3 years 7 months to 5 years/preschooler): Child must be (1) able to leave parent willingly, (2) comfortable in the water and (3) follow directions. No prior swimming lesson experience necessary. Child will learn safe pool entry and exit using the ladder and from the pool deck, jumping into the water, front kick, prone glide, underwater exploration opening the eyes, back glide, finning with kick, arm strokes on the front and back and safe use of lifejackets.

**Level I** (at least 5 years old): Child can function well in a group setting without parental supervision; no prior swimming experience necessary. Child will learn skills detailed as Level II entry requirement.

**Level II:** Child must be able to fully submerge face for at least 3 seconds, bounce up and down in chest-deep water 10 times, enter and exit water independently and demonstrate kicking on stomach and back with support. Child will learn skills detailed as Level III entry requirement.

**Level III:** Child must be able to submerge face in chest-deep water and retrieve object from bottom of pool, float unsupported on stomach and back, demonstrate flutter kick on stomach and back, swim 5 yards on stomach with a kick and arm stroke and swim 5 yards on back with kick and arm stroke. Child will learn skills detailed as Level IV entry requirement.

**Level IV:** Child must be able to open eyes underwater while retrieving object from chest-deep water, jump into deep water and tread water and swim the front crawl (with breathing to the side), back crawl and elementary backstroke for 10 yards. Child will learn skills detailed as Level V entry requirement.

*NOTE: When enrollment is low, course levels may be combined to avoid class cancellations. The Regional Park Authority reserves the right to remove students from an inappropriate class and place them, when possible, in a class that better matches their ability levels. Repetition can be the key to learning. Students often repeat a level several times before mastering the skills to move to the next level. Repeating a level does not constitute failure.*