

# COMMUNITY LEARN TO SWIM

West River Center, 5100 Chalk Point Rd, West River, MD 20778

410-867-0991, [camp.registrar@verizon.net](mailto:camp.registrar@verizon.net)

Thank you for your interest in the Community Learn to Swim Program at the West River Center. The goal of the program is to provide accessible, quality and affordable swim instruction for the people of Southern Anne Arundel County and surrounding areas. We hope that your child's instructional experience will be an informative and fun time. Our aim is to increase their skills and knowledge of water safety while fostering an enjoyment of the water.

## **Swim Lesson Policies and Procedures**

- **NEW FOR 2014!** Registration is online only! We cannot reserve spaces; payment is due at time of registration.
- Please read descriptions of levels completely and carefully. We are depending on parents to register their child for the correct level. If the child is not registered for the correct level, there may not be an opportunity for them to move into another level.
- **Beginner classes (Levels I and II)** will have a test on the first day to ascertain skill levels. The classes will then be divided and assigned a class time on the hour or half hour. These classes are 25 minutes long for the remaining of the sessions.
- If registering the same child for multiple levels, please keep in mind that it may take a child several attempts to pass a level.
- Lessons will be held each day at the scheduled time. Classes will start promptly so please have your child at the pool ready to begin.
- If a class is canceled, every effort will be made to offer a makeup class. The time scheduled for each set of lessons exceeds the time required to cover all the material. So if you cannot make up a class, there is still sufficient instructional time to pass the course.
- Parents/Guardians/siblings must remain in the immediate area of the swimming pool, outside the pool fence during lessons. For the safety of all swimmers and to take advantage of the full class time we ask parents/family to not disturb your child or instructor during the lessons. Please discuss any questions/concerns you may have either before or after class.
- If a class is full please email the address above to be placed on a waiting list.

**INCLEMENT WEATHER:** Classes will be canceled if lightning or thunder is present or if it is raining so hard the bottom of the pool is not visible. Classes WILL BE held if a light rain is present. All classes have some safety instructional component. These may be done under the pavilion on inclement days. If you are unsure if class is cancelled please contact our office at 410-867-0991.

If you have questions about your child's previous year's class level or registration questions, please call 410-867-0991 or send email with Child's name and Swimming Lessons in the subject line at [camp.registrar@verizon.net](mailto:camp.registrar@verizon.net)

## CLASS LEVELS

### **Preschooler** - (must be “potty-trained and accompanied by an adult)

This preschool class is an introduction to swimming and getting comfortable in the water. This class is designed for the instructor to teach the parent how to work with their own child to introduce the following skills while having fun playing games and singing songs.

- Submerging the head underwater
- blowing bubbles and holding your breath
- introduction to buoyancy and floating
- basics movement of kicking

**Level 1:** Introduction to Water Skills – helps students feel comfortable in the water on their own (without parent assistance). Children must be able to stand in 3ft. water (shallowest end) and mature enough to listen and follow instructions. Participants will learn:

- Enter and exit water safely
- Submerge mouth, nose and eyes
- Exhale underwater
- Float on front and back
- Explore arm and hand movements
- Explore swimming on front and back
- Open eyes underwater, submerge to pick up objects
- Follow basic water safety rules
- Use a life jacket

**Level 2:** Fundamental Water Skills – Gives students success with fundamental skills.

Participants will learn:

- Exit water using ladder and side
- Float on front and back
- Enter water stepping or jumping from side
- Tread water
- Explore swimming with side stroke
- Perform rhythmic breathing
- Glide on front and back
- Roll over from front to back, back to front
- Swim on front and back using combined strokes
- Move in water while wearing life jacket

**Level 3:** Stroke Development – Builds on the skills in Level 2 through additional guided practice. Participants learn to:

- Jump in deep water from the side
- Dive from sitting or kneeling position
- Submerge fully and retrieve objects
- Bob with head fully submerged
- Perform rotary breathing
- Survival float
- Swim front crawl, swim back crawl, elementary backstroke
- Reverse direction while swimming on front and back
- Perform butterfly kick and body motion
- Perform HELP and huddle positions
- Perform reaching assists
- Use check-call-care in an emergency
- Change from vertical to horizontal position on front and back

**Level 4:** Stroke Improvement – Develops confidence in the skills learned in Level 3.

Participants learn to:

- Dive from compact or stride position
- Swim underwater
- Perform feet-first surface dive
- Coordinate butterfly, breaststroke, and elementary backstrokes
- Swim on side using scissors kick
- Perform open turns on front and back
- Tread water using sculling arm motions and kicks
- Perform throwing assists
- Use safe diving rules
- Care for conscious choking victims
- Perform compact jump into water from a height while wearing a life jacket

**Level 5:** Stroke Refinement – Provide further coordination and refinement of the following:

- Front crawl and Back crawl
- Breaststroke
- Elementary backstroke
- Sidestroke
- Shallow dive and begin swimming
- Treading water with two different kicks
- Survival swimming
- Front flip turn backstroke flip turn
- Rescue breathing

*Participants learn to:*