

LEARN TO SWIM PROGRAMS

Class descriptions are in accordance with current American Red Cross Standards. If you need help placing your child in the appropriate class, please see flow chart below or contact Parks & Recreation at (480) 983-2181.

Parent Assisted Classes- (ages 6 mo-5 years)

These classes are designed for a parent and child to be in the water together. An adult or caregiver (age 16 or older) MUST accompany each child in the water for the entire class.

Parent & Infant (6mo-24mo): This class is designed to familiarize and adapt young children to the water in a fun and comfortable environment.

Parent & Child (24mo-5years): This class is designed to continue basic water adjustment, swim readiness and water safety skills (and may include, breath holding, floating depending on child's ability level).

Preschool Aquatics Classes-(ages 3-5 years)

Classes are designed for children comfortable in the water without a parent.

Level A: Basic aquatic skills will be learned such as water adjustment, blowing bubbles, floats, and glides and rolling over. Classes are held in the zero-depth entry pool.

Level B: This class is designed to help children gain greater independence in their skills and develop more comfort in and around the water. Skills learned include rolling over front to back/back to front, retrieving objects underwater and combining leg and arm actions. Classes are held in the zero-depth entry pool.

Skill Level 1-5 Classes (ages 6 and older)

Designed for children 6 years and older who meet the requirements below and are comfortable in the water without a parent

Beginner youth 9 and older should start in Level 2 or inquire about our semi-private adult lessons.

Level 1: Introduction to Water Skills

For children new to the water; skills learned include water adjustment, blowing bubbles, bobbing, kicking, gliding, back float, alternating arm/leg actions and water safety skills. Classes are held in the zero-depth entry pool.

Level 2: Fundamental Aquatic Skills

Skills learned include changing direction while swimming on front or back, treading water using arm and leg actions, finning on back for five body lengths, front glide for two body lengths and combining swimming/floating/rolling over into one movement.

Level 3: Stroke Development

This level builds upon the skills learned in level 2 as well as guided practice in deeper water. Skills learned at this level include head first entry, rotary breathing, survival float, front crawl, elementary backstroke and dolphin kicks. To pass this level, students must be able to swim 15 yards of front crawl and elementary backstroke, among other skills.

Level 4: Stroke Improvement

This level helps develop confidence in skills already learned. New skills learned include dives, survival swimming, turns, back crawl, breaststroke, butterfly and sidestroke. To pass this level, students must be able to perform front crawl and elementary backstroke for 25 yards and the back crawl and breaststroke for 15 yards, among other skills.

Level 5: Stroke Refinement

Provides further coordination and refinement of strokes. New skills include flip turns, pike dives, shallow angle dives and sculling. To pass this level, students must be able to swim front crawl and elementary backstroke for 50 yards and the breaststroke and back crawl for 25 yards, among other skills.

Adult Swim Lessons (semi-private)

Designed for Adults (or beginning swimmers 12 and older), we are offering classes at 9:35am this year. Call our office for more information 480-983-2181 or visit our online registration site.