B pusrec NIVERS M

Learn to Swim Program Guide

D ring he r le on, in r c or will e al a e den kill le el o en re he are regi ered in he correc program. If a den i be er i ed o a di eren le el, he in r c or will di c hi wi h heir paren /g ardian.

In r c or are rained o recogni e when den are read for he ne le el, and will do e er hing in heir power o make each den cceed. E er den progre e a heir own pace and repea ing a le el i no a ca e for concern. Mo den ha e o repea a le el a lea one ime.

If le on need o be cancelled for an rea on, we will con ac paren /g ardian a oon a po ible. Plea e pro ide acc ra e con ac informa ion on he regi ra ion form .

Level I: Introduction to Water Skills

In hi le el, den will learn how o en er and e i he wa er afel. S den will bmerge heir face and open heir e e nder he wa er o ee objec. The den will learn o oa on heir omach and back while being ppor ed and learn how o change po i ion in he wa er ing heir arm and leg.

Level II: Fundamental Aquatic Skills*

In hi le el, den will bmerge heir en ire head nder he wa er while learning brea h con rol. S den will learn o oa on heir omach and back, a well a arm and leg mo emen for na i ed wimming. Before enrolling in hi le el, he den ho ld be able o ra el na i ed abo 5 ard, glide, roll o a back oa, and reco er wi h ome a i ance.

*Plea e keep in mind ha Le el II i he mo di c I le el opa . S den m be able o wim on heir own for 10 bod leng h wi ho a i ance. S den will NOT be pa ed if he canno ain hem el e in he wa er and are ill imid a bmerging heir en ire head.

Level III: Stroke Development

Once he den can wim on heir own, he will learn he f ndamen al of di eren roke. Le el III in rod ce elemen ar back roke, he fron crawl and he b er kick. S den will al o learn o read wa er e ec i el , kick on heir ide, and he f n-damen al of di ing. Prior o enrolling in hi le el, he den m be able o wim on heir own a lea 10 bod leng h , oa on fron and back, roll, and afel en er/e i he wa er.

BINGHAM