



St. Charles Swim Lesson Skill Outline



**St. Charles Park District Learn to Swim Program
Skill Outline**



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Bubble Club - Using a variety of activities, games and songs, instructors will encourage participants to develop a lifelong enjoyment of the water. Learn to perform flutter kicks, entering and exiting the water and basic water safety skills. Children who are not toilet trained must wear a swim diaper.

- **Tadpoles (Parent/Child)**, Age 6-36 months: This program requires active, in-water participation of adult and child. Class includes group and free-time activities.

- **Key Skills**

- Review pool rules/water safety
 - Entering the water safely
 - Participates in group songs & activities
 - Blowing bubbles
 - Front floats
 - Back floats
 - Kicking
 - Comfortable in water
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- **Frogs (w/o Parent)**, Age 3-4 years: Through activities, games and practice, swimmers will build confidence in the water and learn basic swim skills. Thanks to a special partnership with the Pauly D Foundation that advocates water safety and drowning prevention, this swim lesson level is free.

- **Key Skills**

- Enters & exits water safely without assistance
- Comfortable in water without parent or guardian
- Comfortable getting mouth, nose and eyes wet
- Blowing bubbles
- Intro to rhythmic bobs
- Front float with assistance
- Back float with assistance
- Float with a lifejacket; review purpose of a lifejacket
- Intro to flutter kick on front
- Intro to flutter kick on back
- Intro to front crawl arms



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Swim Academy Prep, Age 3-5 years: Designed for swimmers who are comfortable submerging their heads underwater and floating with assistance. Lessons are conducted in an average water depth of three feet. Fun activities, assisted exercises and free play lead to water confidence and skill development. Swimmers often repeat Swim Academy Prep several sessions before advancing to Swim Academy. Participants will be evaluated on the first day of class to ensure accurate level placement.

Level 1

- Comfortable in water without parent or guardian
- Enters & exits water safely without assistance
- Blowing bubbles
- Comfortable getting mouth, nose and eyes wet
- Intro to rhythmic bobs
- Front float with assistance
- Back float with assistance
- Float with a lifejacket; review purpose of a lifejacket
- Intro to flutter kick on front
- Intro to flutter kick on back
- Intro to front crawl arms
- Review pool rules/water safety

Level 2

- Blowing bubbles with mouth & nose
- 3 rhythmic bobs
- Front float without assistance
- Back float without assistance
- Float with a lifejacket in 3-5 feet; review purpose of a lifejacket
- Front glide without assistance
- Back glide without assistance
- Rollover front float to back float with assistance
- Flutter kick on front with assistance
- Flutter kick on back with assistance
- Jumps into chest deep water without assistance
- Intro to front crawl stroke
- Review pool rules/water safety

Level 3

- Blowing bubbles with face in water for 3-5 seconds
- 5 rhythmic bobs
- Front float for 5 seconds
- Back float for 5 seconds
- Front glide for 5 feet
- Back glide for 5 feet
- Float with lifejacket in 5ft+; review purpose of a lifejacket
- Rollover front float to back float
- Flutter kick on front for 5 feet
- Flutter kick on back for 5 feet
- Jumps into chest deep water
- Front crawl arms for 10 feet
- Intro to backstroke arms
- Review pool rules/water safety



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Swim Academy, Age 5+: Ready to learn swim strokes or improve your swim technique? Swimmers will be challenged through six levels in a fun learning environment. Each child's strength, coordination, and endurance will impact his/her development. Skill level progression may take multiple sessions. Lessons offer plenty of survival skills, swim techniques and water fun to keep your swimmer active all summer long! Participants will be evaluated on the first day of class to ensure accurate level placement.

Level 1

- Water Depth Awareness Jumps into chest deep water
- Front Float Performs skill for 5 seconds
- Back Float Performs skill for 5 seconds
- Front Glide Perform skill for 10 feet
- Back Glide Perform skill for 10 feet
- Front Kick Performs the flutter kick on front for 10 feet
- Back Kick Performs the flutter kick on back for 10 feet
- Breath Control Performs 5 rhythmic bobs
- Front Crawl Performs skills for 10 feet

Level 2

- Water Depth Awareness Jumps in at water depth of 5+ feet
- Front Glide Performs skill for 15 feet
- Back Glide Performs skill for 15 feet
- Front Kick Performs the front kick with kickboard for 15 feet
- Back Kick Performs the back kick with noodle for 15 feet
- Breath Control Performs 10 consecutive rhythmic bobs
- Backstroke Performs skills for 10 feet with assistance
- Front Crawl Performs skills without rotary breathing for 15 feet

Level 3

- Front Kick Performs flutter kick on front with face in water for 25 feet
- Back Kick Performs flutter kick on back for 25 feet
- Front Crawl Performs skill for 15 feet with one breath using rotary breathing
- Backstroke Performs the backstroke for 15 feet
- Water Depth Awareness Jumps off diving board with assistance
- Breath Control Retrieves object from water depth of 5 feet
- Elementary Backstroke Kick Performs skill for 10 feet
- Diving Performs a sitting dive
- Tread Water Performs skill for 10 seconds

Level 4

- Water Depth Awareness Jumps off diving board
- Breath Control Retrieves object from water depth of 8 feet
- Front Crawl Performs skills with rotary breathing for 25 feet
- Backstroke Performs skill for 25 feet
- Elementary Backstroke Performs skill 15 feet
- Diving Performs a kneeling dive
- Tread Water Performs skill for 30 seconds
- Breaststroke Performs skill for 10 feet



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Level 5

- Water Depth Awareness
 - Breath Control
 - Front Crawl
 - Backstroke
 - Elementary Backstroke
 - Diving
 - Tread Water
 - Breaststroke
 - Scissor Kick
 - Butterfly Kick
- Jumps off diving board
Retrieves object from water depth of 10 feet
Performs skills with rotary breathing for 50 feet
Performs skill for 50 feet
Performs skill 50 feet
Performs a standing dive
Performs skill for 45 seconds
Performs skill for 25 feet
Performs skill for 15 feet
Performs skill for 15 feet

Level 6

- Breath Control
 - Front Crawl
 - Backstroke
 - Elementary Backstroke
 - Diving
 - Tread Water
 - Breaststroke
 - Sidestroke
 - Butterfly
- Retrieves object from water depth of 12 feet
Performs skills with rotary breathing for 75 feet
Performs skill for 75 feet
Performs skill 75 feet
Performs dive off of diving board
Performs skill for 60 seconds
Performs skill for 50 feet
Performs skill for 25 feet
Performs skill for 15 feet