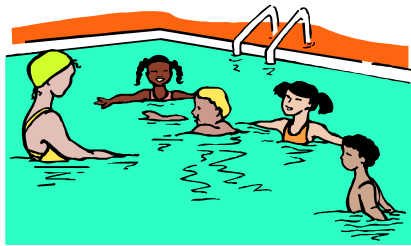


Chisago Lakes Swim Pool

Swimming Lessons Class descriptions

Revised youth classes 6-10



Aquatic information Line (651) 213-2585

District Aquatic Manager

Voicemail: (651) 213-2604 Fax: (651) 213-2060

Email: eheath@chisagolakes.k12.mn.us

Ages are ENTRANCE requirements. Tadpole classes are for three year olds, Squirts classes are for four & five year olds. Youth level classes are for 6 years & older. Age must be achieved by the start of the first lesson.

LESSON AGE GROUPING

Tadpoles (3 yr. old w/out parent)

Squirts (4-5 yr. old w/out parent)

Youth (6 yrs & older)

age as of the first day of class

Skills listed are EXIT skills for the class. Classes are progressive & skill outcomes must be mastered before progressing to the next level

Preschool classes skill exit outcomes

Tadpole level 1

(3 yr olds)

PARENT DOES NOT SWIM
taught 100% in wading pool
four lesson session

1. Adjusting to class & group setting.
2. Adjusting to instructor led activities.
3. Introduction of basic swimming skills.
4. Play time & enjoyment of the water.
5. Safety skills.

Tadpole level 2

(3 yr olds)

Must have recommendation
of Tadpole 1 instructor
taught 100% in wading pool

1. Adjusting to instructor led activities.
2. Introduction of basic swimming skills.
3. Play time & enjoyment of the water.
4. Submerging & breath holding , 3 seconds.
5. Back float with teacher assistance, 5 seconds.
6. Must have recommendation Tad. 1 instructor
7. Safety skills

Tadpole level 3

(3 yr olds)

Must have recommendation
of Tadpole 2 instructor
taught 100% in wading pool

1. Adjusting to class & group setting.
2. Submerging & breath holding , 3 seconds.
3. Rhythmic bobbing, 3 - 5 times.
4. Back float with float belt, 5 seconds.
5. Back glide & flutter kick w/ float belt, 10 ft.
6. Safety skills.
7. Must have recommendation Tad. 2 instructor

Squirts level 1

(4 & 5 yr olds)

ENTRY LEVEL CLASS
introductory skills

taught 100% in wading pool

1. Adjusting to class & group setting.
2. Submerging & breath holding , 3 seconds.
3. Rhythmic bobbing , 3 - 5 times.
4. Back float with float belt, 5 seconds.
5. Back glide & flutter kick w/ float belt, 10 ft.
6. Safety skills.

Squirts level 2

(4 & 5 yr olds)

basic skills & introduction of main pool
taught 75% in the wading pool &
25% in the main pool

1. Submerging & breath holding, 5 seconds.
2. Rhythmic bobbing, 5 times.
3. Front glide & flutter kick w/ float belt, 10 ft.
4. Front float with float belt, 5 seconds.
5. Jump into water.
6. Safety skills.



Squirts level 3

(4 & 5 yr olds)

independence in water
taught 25% in the wading pool &
75% main pool

1. Submerging & breath holding, 8 seconds.
2. Rhythmic bobbing, 8 times.
3. Independent front float.
4. Independent back float.
5. Beginner stroke w/ float belt, 10 ft.
6. Back swimming w/ float belt, 10 ft.
7. Jump unassisted into water.
8. Safety skills.

Squirts level 4

(4 & 5 yr olds)

coordination & basic skills proficiency
taught 100% in the main pool

1. Adjusting to class setting.
2. Submerging & breath holding, 8 seconds.
3. Rhythmic bobbing, 5 times.
4. Front glide & flutter kick, 10 ft.
5. Back glide & flutter kick, 10 ft.
6. Introduction of beginner stroke, 10 ft.
7. Introduction of back swimming, 10 ft.
8. Jump from side.
10. Safety skills.



Skills listed are EXIT skills for the class. Classes are progressive & skill outcomes must be mastered before progressing to the next level

Youth classes skill exit outcomes

Youth level 1

(6 yrs & older)

ENTRY LEVEL CLASS shallow water class

1. Adjusting to class setting.
2. Submerging & breath holding, 8 seconds.
3. Rhythmic bobbing, 5 times.
4. Front glide & flutter kick, 10 ft.
5. Back glide & flutter kick, 10 ft.
6. Introduction of beginner stroke, 10 ft.
7. Introduction of back swimming, 10 ft.
8. Jump from side.
9. Safety skills.

Youth level 2

(6 yrs & older)

shallow water class

1. Submerging & breath holding, 10 seconds.
2. Rhythmic bobbing, 8 times.
3. Front crawl, 10 yards.
4. Winging, 10 yards.
5. Turning over in shallow water.
6. Retrieve object from bottom, shallow section.
7. Jump from side.
8. Safety skills.

Youth level 3

introduction & increase comfort in deep water

taught in shallow & middle sections

1. Crawl stroke w/rotary breathing, 15 yds.
2. Winging on back, 25 yards.
3. Leveling off & swimming.
4. Introduction of backcrawl, 15 yards.
5. Retrieve object from bottom, middle section.
6. Supine or Prone float, 1 minute.
7. Treading water, 30 seconds.
8. Turning over.
8. Diving introduction.
9. P.F.D. use.
10. Safety skills.



Youth level 4

basic skills proficiency in deep water taught in middle & deep sections

1. Back crawl 25 yards.
2. Front crawl w/ rotary breathing, 25 yds.
3. Sidestroke 25 yards
4. Leveling off & swimming on front & back 15 yards.
5. Treading water, 45 seconds
6. Survival float & back float, deep water, 1 minute.
7. deep water bobs 10 times
8. Retrieve object from bottom, deeper water
9. Jump from diving board
10. Diving safety & kneel dive.
11. P.F.D. use - HELP & HUDDLE
12. Safety skills.

Youth level 5

deep water class

1. Sidestroke 25 yards
2. Swim underwater, 3 body lengths.
3. Feet first & head first surface dives.
4. Survival float, deep water, 2 minute.
5. Back float, deep water, 2 minute.
6. Open front & back turns, 2 body length glide.
7. Tread water, 1 minute.
8. Back crawl, 50 yards.
9. Front crawl, 25 yds.
10. Elementary backstroke, 15 yards.
11. Breaststroke, 15 yards
12. Front dive from side.
13. Retrieve object from bottom, deep water
14. Non swimming rescues
15. Safety skills & advanced P.F.D use.

Youth level 6

deep water class

1. Elementary Backstroke, 25 yards.
2. Front crawl, 50 yards.
3. Backcrawl, 50 yards
4. Sidestroke, 50 yards.
5. Breast stroke, 25 yards.
6. Butterfly, 15 yards
7. Tread water, 2 minutes.
8. Survival float, 2 minutes.
9. Back float, 2 minutes.
10. Swim underwater, 10 yards.
11. Front & back flip turns.
12. Demonstrate rescue breathing.
13. Front dive from diving board.
14. Non swimming rescues
15. Safety skills & advanced P.F.D use.



Youth level 7

deep water class

1. Breaststroke, 50 yards.
2. Elementary Backstroke, 50 yards.
3. Front crawl, 100 yards.
4. Sidestroke, 100 yards.
5. Back crawl, 100 yards.
6. Butterfly, 25 yards.
7. Flip & open turns.
8. 300 yard continuous swim
9. Tread water, 5 minutes.
10. Surface dive & retrieve object from deeper water
11. Survival float 7 back float , 5 minutes.
12. Swimming while clothed, 50 yards.
13. Self rescue techniques while clothed.
14. Three step dive from diving board.
15. Safety information.



To register for the summer 2010 sessions:

If your child is presently in

then register for

Beginner 1 ➔ Youth level 1

Beginner 2 ➔ Youth level 2

Advanced Beginner 1 ➔ Youth level 3

Advanced Beginner 2 ➔ Youth level 3

Advanced Beginner 3 ➔ Youth level 4

ARC Level 4 ➔ Youth level 5

ARC Level 5 ➔ Youth level 6

ARC Level 6 ➔ Youth level 7

