

# Learn To Swim ... LEVEL DEFINITIONS

Altoona Campus Swim Lessons are offered at the Campus indoor facility during the school year, and at the Altoona Aquatics Park outdoor facility during the Summer. All Swim Instructors are “**Campus Swim School**” certified.

**NOTE: ... If, for health reasons, you are unsure of whether your child is ready for lessons, we would advise that you consult with your Pediatrician prior to registering for Swim Lessons. In order to assist in maintaining the highest standards of water quality, please use waterproof Diapers or plastic pants when necessary,**

## THE LEVELS

Each Level builds upon the other in a logical progression, and include their own sets of **Completion Skills** ... Pulling together the individual skills taught. Students learn basic skills, stroke specifics, and build strength, flexibility, and stamina. **Successful completion of each Level is preferred, but not required, before moving on to the next Level.** Feel free to contact us directly to discuss the Levels and Groups.

**NOTE:** Age guidelines are only suggestions, not requirements, for initial placement, but all students advance based upon their ability to perform the **Completion Skills**. All participants will learn and progress at different rates.

### **WATER-BABIES ... Infants: Parent participation in the water required.**

**General guideline ... 6mths – 2yrs of age.**

This is a true bonding experience for parents and children. Familiarizes children to the water - Provides parents with safety information and teaching techniques. Basic skills for parents and children. Holding and support techniques, cueing, entry and exit, breath-control, submersion, buoyancy, changing direction, and basic safety skills. As basic skills develop, learn more advanced techniques. Buoyancy with glides, basic arm and leg actions, passing between parents, rolling over, retrieving objects, and basic safety skills, are all included. This is the only level that does not require that specific skills be demonstrated before moving on. Comfort, confidence, and safety in the water are the objectives.

### **Aqua-Tots ... Toddlers: Parent participation in the water required.**

**General guideline ... 2-4yrs of age, or have participated in Water-babies.**

This parent/child program is the perfect transition for those hesitant or nervous children, or parents. Skills from Waterbabies and Beginner 1 are combined to give children a strong foundation before going to group lessons without parents in the water. Advances the basic arm and leg actions from Water-babies and covers ALL Beginner 1 skills

**Completion Skills:** While wearing a Float Belt, jump in, submerge, and swim 5 body lengths (5yds.) on front and back, using simultaneous or alternating arm and leg actions.

Successful completion allows the child to move on B1, where they repeat the same skills, but without parent assistance in the water, OR, they can go directly to Beginner 2. This is the parent's choice.

### **BEGINNER ... Elementary skills:**

**General guideline ... 4-6yrs of age, or have completed Aqua-Tots.**

**B1 ...** Develop positive attitudes, good swimming habits and safe practices around the water. Blowing bubbles - glides and recoveries - basic actions for treading water – stroke skills - safety skills – ‘bobs’ - travelling short distances - changing body positions. Specific stroke criteria must also be met. 5 water safety topics and skills will also be covered.

**Completion Skills:** While wearing a back-pack, jump in, submerge, and swim 5 body lengths (5yds.) on front and back, using simultaneous or alternating arm and leg actions.

**B2 ...** Independent floats and recovery. Learn simultaneous and alternating arm and leg actions, laying the foundation for future strokes, and the beginning of true locomotion. Exit skills include specific stroke criteria - floats and glides – body rolls - changing directions - recovering to a vertical position. Water safety topics and skills will also be covered.

**Completion Skills:** Without the aid of a back-pack, jump in, submerge, and swim 5 body lengths (5yds.) of Front Crawl and either Elementary Backstroke, or Back Crawl.

## **INTERMEDIATE ... Fine-tuning Basic Strokes & Techniques:**

### **General guideline ... 6-9yrs of age, or have completed B2.**

**I1 ...** Additional guided practice time and an introduction to deeper water. Survival float - Crawl Stroke - Elementary Back Stroke – Backstroke - breathing and timing - treading water - introduction to diving. Specific stroke criteria are required. Water safety topics and skills will also be covered.

**Completion Skills:** Jump in to deep water - tread water for 30secs - Swim 15yds of each of the following strokes: Crawl Stroke, Backstroke, Elementary Backstroke.

**I2 ...** Fine-tuning of the Freestyle, Elementary Backstroke, and Backstroke. The Instructor will be looking at the details and specifics of the strokes ... Reinforcing the good habits and eliminating the bad habits before moving on. Examples: Rotary breathing - coordination of the strokes. The foundation must be strong before you continue to build upon the skills.

**Completion Skills:** Jump in – tread water for 1min. Dive in - Swim 30yds of each of the following strokes: Crawl Stroke, Backstroke, Elementary Backstroke.

## **SWIMMER: Advanced Strokes and Refinement:**

### **General guideline ... 9-11yrs of age, or have completed I2.**

Build confidence and improve the coordination and skills of all strokes. Increase endurance by swimming familiar strokes over greater distances. Sidestroke, and the beginnings of Breaststroke and Butterfly. Basic turns from the wall. Specific kicks for treading water - surface dives - reaching assists - throwing assists - survival swimming. Specific stroke criteria are required. Water safety topics and skills will also be covered. Crawl Stroke – Backstroke - Breaststroke - Elementary Backstroke – Sidestroke – Butterfly. Water safety topics and skills will also be covered.

PLEASE NOTE: The great amount of content in SWIMMER may require children to repeat as many as 4 times before advancing.

**Completion Skills (Part 1):** Jump in – tread water for 2mins. Dive in – Swim 60yds of each of the following strokes: Crawl Stroke – Backstroke - Elementary Backstroke . 30yds Breaststroke - Sidestroke. 15yds Butterfly. Changing positions and directions.

**Completion Skills (Part 2):** Jump in – tread water for 3mins. Shallow dive – Swim 90yds of each of the following strokes: Crawl Stroke – Backstroke – Elementary Backstroke. 60yds of Breaststroke – Sidestroke. 30yds Butterfly.

## **PROGRAM OPTIONS FOR CHILDREN:**

### **Introduction to a Lifetime of Swimming**

#### **General guideline ... 11yrs of age or older, or have completed “SWIMMER” Level**

Swim with ease, efficiency, power, and smoothness, over greater distances. 4 different activities are available, all of which are designed to provide students with skills for more advanced programs.

**\*\*\*”ACF Test”\*\*\*:** The **Aerobic Capacity and Fitness Test** is built into all of the following levels, and consists of the following: **500yds continuous swim:** Swim alternating 50yd distances of Crawl Stroke, Breaststroke, and Backstroke, for the first 450yds. The last 50yds consists of 25yds Sidestroke and 25yds Butterfly. Compare the participant’s heart rate with target rates at 80% of maximum. **1 minute of each of the following:** Sit-ups – Push-ups – Bicep Curls – Pull-ups.

**Fitness Swimmer ... Pre-requisites:-** 60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, and 30yds of Butterfly. Use open turns and/or flip turns as requested. The Campus Aquatics **“ACF Test”**. Circle swimming, using a pace clock, and use of various equipment. Training techniques, heart rates, aquatic exercise, and setting up an exercise program for this session, and beyond.

**Completion Skills:** 500yds continuous swim using 3 different strokes, swimming at least 50yds of each stroke. Present your personal written training program for the next 5 weeks. Perform the Campus Aquatics **“ACF Test”**, and compare results with pre-assessment results. This is a test of aerobic capacity and fitness, and will show an anticipated improvement in fitness since the pre-requisite test

**Junior Lifeguard ... Pre-requisites:-** 60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, and 30yds of Butterfly. Use open turns and/or flip turns as requested. The Campus Aquatics **“ACF Test”**. Water safety discussion topics, in-water safety skills, reaching and throwing assists, surface dives, and treading water. Also includes approach strokes, and entries and swimming with a rescue tube. Perform survival floats and back floats for a specific time. Deep water diving and retrieval. Fully-clothed swimming ... “Button – Unbutton” relay. Importance of knowing First Aid and CPR.

**Completion Skills:** 500yds continuous swim using 3 different strokes, swimming at least 50yds of each stroke. Demonstrate in-water reaching assists and personal safety skills. Successfully complete the “Basic Water Rescue Test”. Perform The Campus Aquatics **“ACF Test”**, and compare results with pre-assessment results.

**Diving, Starts, Turns ... Pre-requisites:-** 60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, and 30yds of Butterfly. Use open turns and/or flip turns as requested. Demonstrate diving progressions from poolside. Basic stretching exercises, body control, surface dives, and diving from the poolside. Diving board take-offs, forward jumps, and dives in Tuck and Pike positions. Specific safety topics related to Diving will also be covered. This program will also include The **Campus Aquatics "ACF Test"**. This is a test of aerobic capacity and fitness.

**Completion Skills:** 500yds continuous swim using 3 different strokes, swimming at least 50yds of each stroke. Tread water for 3mins. 'Track Start' and 60yds of Crawl Stroke with Flip Turns. 'Backstroke Start' and 60yds of Backstroke with Flip Turns. 'Grab Start' and 60yds of Breaststroke with Turns. In-water push-off and 60yds of Sidestroke with Turns. 5 diving progressions from the poolside. 4 starts from the starting block. All skills are done consecutively with minimal breaks. 30yds of Butterfly.

**Diving from a Board ... Pre-requisites:-** 60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, and 30yds of Butterfly. Use open turns and/or flip turns as requested. Demonstrate diving progressions from poolside. Basic stretching exercises, body control, surface dives, and diving from the diving board. Diving board take-offs, forward jumps, and dives in Tuck and Pike positions. Specific safety topics related to Diving will also be covered. This program will also include The **Campus Aquatics "ACF Test"**. This is a test of aerobic capacity and fitness.

**Completion Skills:** 500yds continuous swim using 3 different strokes, swimming at least 50yds of each stroke. Perform a 2 part take-off with a feet-first entry. Perform a 2 part take-off with a head-first entry. Demonstrate the following: Forward dive in a 'Tuck' position - Forward dive in a 'Pike' position.

**Synchronized Swimming ... Pre-requisites:-** 60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, and 30yds of Butterfly. Use open turns and/or flip turns as requested.

"Gymnastics in the water!" Learn the basic strokes, positions, skulls, transitions, figures, and pool patterns, of Synchronized Swimming. The program consists of 6 specific levels. We will be covering elements from each of the first 3 levels, building towards a separate Synchronized Swim program. (Nose clips are recommended)

500yds continuous swim using 3 different strokes, with a minimum of 50yds of any one stroke.

Perform the Campus 12 minute 'Fit Test', and compare results with pre-assessment results.

**Completion Skills:** Perform The Campus Aquatics **"ACF Test"**. Perform a series of skulls, transitions, and figures, choreographed by the Instructor. This will be presented to parents on the last night of the program. Participants will demonstrate discipline, self-control, and artistry, during their 5 minute demonstration.

## For more information

contact: Mike Foote ..... Aquatics Director [aquatics@altoonacampus.com](mailto:aquatics@altoonacampus.com)

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