

Group Swim Lesson Descriptions

Parent Assist 1 • Ages 6 months – 2 years

Water orientation class for younger children. Parents (one adult per child) required to be in water with children. Skills include breath control, floating, kicking and games.

Parent Assist 2 • Ages 2 – 3 years

Advanced water orientation for toddlers. Parents (one adult per child) required to be in water with children. Skills include water entries/exits, front kicks, blowing bubbles, breath control, underwater exploration, front/back glide, coordinated arm strokes, kicks and coordinated arm strokes on back, introduction to lifejackets and pool rules.

Preschool 1 • No water experience

Beginner level for ages 4-5. Child will become familiar with the water without the parent. Skills include introduction to front kicks, blowing bubbles, breath control, underwater exploration, front/back glide, coordinated arm strokes, kicks and arm strokes on back, short breaths of air, introduction to lifejackets and pool rules. (Child must be able to swim on one's front and take at least three breaths of air while traveling a distance of 10 feet from the wall before moving to Preschool 2).

Preschool 2 (Advanced Preschool) • Ages 4 – 5 years

Advanced preschool class, (child must have the correct kick with legs extended behind them, attempted coordinated arm stroke and take at least three breaths of air while traveling a distance of 10 feet from the wall to be in this class). Skills include front/back kicks, under water exploration, front/back glide, coordinated arm strokes and kicks on front/back, rotary breathing and elementary backstroke. (Child must be able to swim five yards with coordinated arm stroke and rotary breathing and five yards on back to be considered for the next level).

Level 1, 2 (Introduction to Water Skills and Fundamental Aquatic Skills) • Ages 6-up

No water experience necessary. Learn basics of swimming including entering/exiting the water, holding your breath underwater, supported and unsupported front/back float, flutter kicking, alternating arm strokes front/ back, submerging in chest deep water, coordinated arm stroke front/back, explore deep water. (Exit Skills: 1-Step into chest deep water, move into a front float, return to standing position, then move to a back float position for five seconds and return to standing position. 2-Push off and swim using a combination of arm/leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.)

Level 3 (Stroke Development) • Must pass Level 2

Skills include jumping in deep water, head-first entries, retrieving an object from the bottom, rotary breathing, front/back glide for distance, treading water for 30 seconds, changing body position in deep water, front/back crawl, elementary backstroke, and butterfly kick. (Exit Skills: 1-Jump into chest-deep water, swim front crawl for 15 yards with face in and rotary breathing, maintain position by treading water or floating for 30 seconds and swim back crawl for 15 yards.)

Level 4, 5 (Stroke Improvement and Stroke Refinement) • Must pass Level 3

Skills include diving from side, long shallow dive and glide, swimming underwater, floating for time, open turns and flip turns from wall, treading water for time, front/back crawl, breaststroke, butterfly, elementary backstroke, surface dives, survival swimming for time, swim all strokes for distance. (Exit Skills: 1-Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for two minutes and swim elementary backstroke for 25 yards. 2-Swim breaststroke for 25 yards, tread water for two minutes and swim back crawl for 50 yards.)

Level 6 (Basic Water Safety and Lifeguard Readiness) • Must pass Level 5

Skills include swimming all strokes for distance, open/flip turns, surface dives, basic water safety, various training techniques. (Exit Skills: 1-Swim 500 yards continuously using front crawl 100 yards; back crawl 100 yards; breaststroke 50 yards; elementary backstroke 50 yards; sidestroke 50 yards; butterfly 50 yards; and your choice of stroke 100 yards. 2-Swim 20 yards to a depth of 7-10 feet, retrieve a 10-pound object, return to the surface and swim 20 yards to the starting point while holding onto the object.)

Adult 1 (Intro To Water Skills) • Ages 13 – up with little or no water experience

Skills include holding your breath underwater, bobbing in chest-deep water, supported and unsupported front/back kicks, supported and unsupported front/back kicks, floating, elementary backstroke, breaststroke, front/back crawl, front/back glide. (Exit Skills: 1-Flutter kick and rhythmic breathing with kickboard 10 yards. 2-Swim on front 10 yards using either a front crawl or breaststroke. 3-Swim on back using either back crawl or elementary backstroke.

Adult 2 (Stroke Development) • Ages 13 – up with some water experience; must be past Adult 1 skills

Skills include treading water, front/back coordinated arm stroke, rhythmic breathing, elementary backstroke, breaststroke, sidestroke, endurance, and swimming in deep water.

Stroke Clinic 1 (Swim Team Readiness) • Participant must pass Level 4 and 5

Participants will do technique work on kicks, arm strokes, rhythmic breathing, practice flip turns, butterfly, breaststroke and starts necessary to be a competitive swimmer. (Exit Skills: Swim 300 yards continuously using the 4 competitive stroke in the following order: butterfly 50 yards, front crawl 100 yards, back crawl 100 yards, breaststroke 50 yards. Perform shallow dive from the block and demonstrate front flip turn.)

Stroke Clinic 2 (Advanced Swim Team Readiness) • Participant must be past Stroke Clinic 1 skills

Focus will be technique work, endurance, turns, starts and finishes. (Exit skills: Swim 500 yards continuously using the 4 stroke in the following order: butterfly 50 yards, front crawl 150 yards, back crawl 150 yards, breaststroke 150 yards. Demonstrate the grab and track start. Demonstrate the front and back flip turns. Demonstrates fly and breaststroke open turns.)

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