

# CANTON PARKS & REC SWIM LESSONS



## Swim Lesson Overview

The swim lesson overview describes an outline of what will be addressed in each level. While this overview is not all inclusive, it will give you an idea of what content will be covered during class. Please review the prerequisites before registering for the class. Swimmers should meet the prerequisites of the desired level at time of registration. It is within standard expectations that students will need to repeat lesson levels to fully master the skills taught. Please review all information on the registration in regards to refunds, scheduling and guidelines prior to registering.

## Parent/Child

This class is designed for children and a supervising adult, emphasizing water adjustment, pool safety skills, and fun! Join us for a class that educates supervising adults on correct aquatic holds, fundamental water safety skills, and establishes a foundation for pool fun.

## Pre-School

Designed as a first-step to swim independence and aquatic foundations, the preschool level will focus on water safety and skills to help children find comfort in the water. Participants will be taught how to submerge their face in the water, float on both their front and back (with flotation aid/instructor help as needed) and work on breath control. Learning water safety (i.e. entering/exiting the pool safely) while having fun will be the main focus of this level.

### Prerequisites

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- Must be able to follow the direction of the swim instructor and sit independently on the edge of the pool. No other swim skills are required to take this class. Parents will be asked to stay off the pool deck while their child is attending the lesson.

# Level 1

This is an introductory swim lesson level that focuses on water adaptability and safety skills. Swimmers will be taught to submerge their face in water, float on both their front and back (with/without a floatation aid), and work on breath control. Independence, fully submerging underwater and bobbing will be a point of emphasis as swimmers begin to develop front and back glide transitions into floats. Learning water safety (i.e. entering/exiting the pool safely) while having fun will be the main focus of this level.

## Prerequisites

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- Must be able to follow the direction of the swim instructor and sit independently on the edge of the pool. No other swim skills are required to take this class. Parents will be asked to stay off the pool deck while their child is attending the lesson.

# Level 2

This class is geared toward new swimmers who are comfortable in the water. Level 2 focuses on rudimentary swimming skills such as floating, treading independently and working on gaining the ability to swim on their front and back. Swimmers will work on the basic leg and arm motions to develop a freestyle stroke and backstroke while building on fundamentals of streamlining. Front to back rolls will be a point of emphasis to encourage swim safety when farther away from the wall.

## Prerequisites

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- Follow directions of the swim instructor and enter water independently. Parents will be asked to stay off the pool deck while their child is attending the lesson.
- Ability to successfully complete all skills taught in Level 1.
- Demonstrate breath control by taking a breath, submerging face under water, coming up for air, taking another breath and repeating 5 times. This skill is called 'bobbing'.
- Float on front with assistance for 10 seconds. Face must be submerged in the water.
- Float on back with assistance for 10 seconds. Ears must be submerged in water.

## Level 3

This level is fully independent in nature with flotation aids being used only to bolster refining strokes. Level 3 builds off level 2 skills (primarily in deeper waters) and focuses on teaching swimmers the mechanics of freestyle and elementary backstroke arms. Swimmers will also work on rotary breathing, streamline transitions and headfirst entry from sitting and kneeling positions.

### Prerequisites

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- Follow directions of the swim instructor and enter water independently. Parents will be asked to stay off the pool deck while their child is attending the lesson.
- Ability to successfully complete all skills taught in Level 2.
- Swim independently on their front using any kind of arm and kicking action to propel themselves 5 yards.
- Swim independently on their back using any kind of arm and kicking action to propel themselves 5 yards.
- Float on their front independently for 10 seconds. Face must be submerged in the water.
- Float on their back independently for 10 seconds. Ears must be submerged in water.
- Tread water independently for 10 seconds.

## Level 4

This level continues to focus on building swimmers' confidence in developed skills while also working on refining aquatic strokes (front crawl, backstroke, breastwork, sidestroke). Diving from the side in compact and stride positions will also be introduced at this level. Swimmers will also continue to focus on rotary breathing and streamline variations.

### Prerequisites

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- Follow directions of the swim instructor and enter water independently. Parents will be asked to stay off the pool deck while their child is attending the lesson.
- Ability to successfully complete all skills taught in Level 1.
- Swim 15 yards front crawl independently with their face in the water. Any breathing pattern is acceptable.
- Swim 15 yards elementary backstroke independently.
- Tread water independently for 30 seconds.

***Participants who have successfully completed level 4 are recommended to register for the [Stroke Clinic](#).***