

AQUATICS SWIM LESSONS

AMERICAN RED CROSS SWIMMING LESSONS: To ensure the best learning experience for your child, and more importantly, their safety, please carefully review the skill levels for each class. Your child must be proficient in all the skills listed in a lower level before being registered for a higher level. Should pool staff determine your child is not in the appropriate level, your child will be asked to move to a different class, if available. If no class is available, your child might not be able to continue in lessons at that time.

Children must be the minimum age by first day of class and match the proficiency skill level for the individual level.

Parent Child Level 1	6 - 18 months
Parent Child Level 2	18 months - 3 years
Preschool Level 1 - 3	3 - 5 years
Learn to Swim (LTS) Level 1 - 5	5 - 12 years
Teen Swimmers	13 - 16 years
Adult Swim Beginner	16+ years
Adult Swim Intermediate	16+ years
Private Lessons	6+ years



SWIM LESSON DESCRIPTIONS

PARENT CHILD SWIM LESSONS

LEVEL 1 (AGES 6 MO. – 18 MO.)

LEVEL 2 (AGES 18 MO. – 3 YRS.)

Enjoy the water with your child. This class emphasizes parental teaching methods for water adjustment and basic skills designed for your child's developmental skill level. This class will focus on safety and how to help keep your child safe in and around the water. In this class we will not force a child to submerge in the water. An adult must be present in the water with each child throughout the entire class time. Swim diapers are required.

Minimum Class Size: 5 pairs; Maximum: 10 pairs

Ratio: 1 instructor to 10 pairs (adult and child)

PRESCHOOL LEVEL 1 (AGES 3 - 5)

Orients children to the aquatic environment and helps them gain basic aquatic skills.

Note: All skills may be performed (with support from the instructor).

NO GOGGLES ALLOWED.

- Enter and exit water using ladder, steps, or side
- Blow bubbles through mouth and nose for 3 seconds
- Submerge mouth, nose, and eyes
- Open eyes under water and retrieve submerged objects in shallow water
- Front and back glides 2 body lengths and recover to a vertical position
- Front and back float for 3 seconds and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Complete the series of skills with support. Enter the water independently, using steps or side, travel at least 5 yards, submerge to mouth and blow bubbles, then safely exit the water.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children



SWIM LESSON DESCRIPTIONS

PRESCHOOL LEVEL 2 (AGES 3 - 5)

Helps children gain greater independence in their skills and develop more comfort in and around water.

Note: All skills to be completed (with minimal support from equipment such as a noodle or barbell).

NO GOGGLES ALLOWED.

- Enter water by stepping into shoulder deep water
- Exit water using ladder, steps, or side
- Bobbing 5 times
- Open eyes under water and retrieve submerged objects in chest deep water (goggles are not used)
- Front and back floats (3 seconds on front 5 seconds on back) and glides (2 body lengths)
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back (3 body lengths)
- Finning arm action on back (3 body lengths)
- Complete the series of skills with minimal assistance. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
- Complete the series of skills with minimal assistance. Glide on back for at least 2 body lengths, roll to front, and then recover to a vertical position.
- Complete the series of skills with minimal assistance. Swim using combined arm and leg actions on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children



SWIM LESSON DESCRIPTIONS

PRESCHOOL LEVEL 3 (AGES 3 - 5)

Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

Note: All skills to be (completed independently).

NO GOGGLES ALLOWED.

- Enter water by jumping into shoulder deep water
- Fully submerge and hold breath for 10 seconds
- Bobbing 10 times in chest deep water
- Front, jellyfish and tuck floats for 10 seconds
- Recover from a front or back float or glide to a vertical position
- Back float (15 seconds) and glide (3 body lengths)
- Change direction of travel while swimming on front or back
- Tread water for 30 seconds in shoulder deep water
- Combined arm and leg actions on front and back for 5 body lengths
- Finning arm action on back for 5 body lengths
- Complete the series of skills independently. Step from the side into chest deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
- Complete the series of skills independently. Move into a back float for 15 seconds, roll to front, and then recover to a vertical position.
- Complete the series of skills independently. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

Minimum Class Size: 2; Maximum: 4

Ratio: 1 instructor to 4 children

LEARN TO SWIM LEVEL 1 (AGES 5 - 12)

INTRO TO AQUATIC SKILLS

Helps participants feel comfortable in the water.

NO GOGGLES ALLOWED.

- Enter and exit water using ladder, steps, or side independently
- Blow bubbles through mouth and nose independently
- Bobbing independently
- Open eyes under water and retrieve submerged objects independently (goggles are not used)
- Front and back glides and floats independently
- Recover to vertical position independently
- Roll from front to back and back to front independently
- Tread water using arm and hand actions with minimal support in should depth water.
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back.

Upon successful completion of all skills in this level, advance to Level 2.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

SWIM LESSON DESCRIPTIONS

LEARN TO SWIM LEVEL 2 (AGES 5 - 12)

FUNDAMENTAL AQUATIC SKILLS

Gives participants success with fundamental skills.

NO GOGGLES ALLOWED.

- Everything listed in learn to swim level one plus:
- Front, jellyfish and tuck floats independently
- Change direction of travel while swimming on front and back independently
- Tread water using arm and leg actions independently
- Combined arm and leg actions on front and back independently
- Finning arm action independently

Upon successful completion of all skills in this level, advance to Level 3A.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

LEARN TO SWIM LEVEL 3A (AGES 5 - 12)

STROKE DEVELOPMENT

Builds on the skills in Level 2 through additional guided practice in deeper water.

GOGGLES ARE ALLOWED.

- Everything listed in learn to swim levels 1 and 2 plus:
- Bobbing while moving toward safety successfully and independently
- Jump from side in deep water, fully submerge, then recover to the surface and return to the side.
- Rotary breathing 15 times.
- Survival float successfully and independently for 30 seconds.
- Back float successfully and independently for minimum of 30 seconds
- Change from vertical to horizontal position on front and back successfully and independently
- Tread water for minimum of 30 seconds successfully and independently
- Push off in streamlined position on front and back and flutter kick 3-5 body lengths.
- Front crawl and elementary backstroke minimum of 15 yards successfully and independently
- Jump into deep water from the side, recover, tread water for 30 seconds and swim to side of the pool.
- Push off in a streamlined position, swim front crawl for 15 yards, change direction and swim 15 yards elementary backstroke.

Upon successful completion of all skills in this level, advance to Level 3B.

Minimum Class Size: 3; Maximum: 6

Ratio: 1 instructor to 6 children

SWIM LESSON DESCRIPTIONS

LEARN TO SWIM LEVEL 3B (AGES 5 - 12)

STROKE DEVELOPMENT

Builds on the skills in Level 3A through additional guided practice in deeper water.

GOGGLES ARE ALLOWED.

- Everything listed in learn to swim levels 1, 2 and 3A plus:
- Headfirst entries from the side in sitting and kneeling positions successfully and independently (Provided pool depth is at least 9-feet)
- Survival float for 1 minute successfully and independently.
- While in a vertical position, rotate 1 full turn in deep water.
- Tread water for minimum of 1 minute successfully and independently
- Flutter, scissor, dolphin and breaststroke kicks on front / side minimum 15 yards successfully and independently
- Front crawl with rotary breathing and elementary backstroke minimum of 15 yards successfully and independently.
- Jump into the deep water from the side, recover, tread water for 1 minute, and rotate one full turn, swim front crawl and/or elementary backstroke for 25 yards.
- Push off in a streamlined position then swim front crawl for 15 yards, change position/direction as necessary, swim elementary backstroke for 15 yards.

Upon successful completion of all skills in this level, advance to Level 4.

Minimum Class Size: 4; Maximum: 8

Ratio: 1 instructor to 8 children

LEARN TO SWIM LEVEL 4 (AGES 5 - 12)

STROKE DEVELOPMENT

Develops confidence in the skills learned and improves other aquatic skills.

GOGGLES ARE ALLOWED.

- Everything in learn to swim levels 1,2 and 3, plus:
- Headfirst entries from the side in compact and stride positions successfully and independently
- Swim under water minimum 5 body lengths successfully and independently
- Feet-first surface dive successfully and independently (Provided pool depth is at least 9-feet)
- Survival swimming minimum 30 seconds successfully and independently
- Front crawl and backstroke open turns successfully and independently
- Tread water using 2 different kicks minimum of 2 minutes successfully and independently
- Front and elementary backstroke minimum 25 yards successfully and independently
- Back crawl, breaststroke, sidestroke and butterfly minimum of 15 yards successfully and independently
- Streamlined flutter and dolphin kicks on back minimum 3-5 body lengths successfully and independently.

Upon successful completion of all skills in this level, advance to Level 5.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 children

SWIM LESSON DESCRIPTIONS

LEARN TO SWIM LEVEL 5 (AGES 5 - 12)

ADVANCED STROKE REFINEMENT

Provides further coordination and refinement of strokes.

GOGGLES ARE ALLOWED.

- Everything in learn to swim levels 1, 2, 3 and 4, plus:
- Shallow-angle dive from the side then glide and begin a front stroke successfully and independently
- Tuck and pike surface dives, submerge completely successfully and independently
- Front flip turn and backstroke flip turn while swimming successfully and independently
- Front and elementary backstroke minimum of 50 yards successfully and independently
- Back crawl, breaststroke, sidestroke and butterfly minimum of 25 yards successfully and independently
- Sculling successfully and independently.

Upon successful completion of all skills in this level, advance to competitive swimming.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 students

TEEN SWIM LESSON (AGES 13 - 16)

This class allows teens to work with their peers who want to learn to swim or improve their basic skill set. It is not designed for competitive swimmers or improvement on competitive strokes. The course will focus on basic skills such as front crawl, elementary backstroke, and treading water. It is designed to assist students getting to a comfortable skill level in deep water.

Minimum Class Size: 5; Maximum: 10

Ratio: 1 instructor to 10 children

ADULT LEARN TO SWIM (AGES 16 AND UP)

BEGINNER

This class is designed for adults (16+) with no or limited swimming ability. It is individualized to fit the student's needs and skill level. The instructor will spend time with each adult learner and give them things to practice while assisting other adult learners. Student may be paired up with others to assist with the learning process within the class. This class begins in shallow water and progresses to deeper water as students' progress. The student should come to the class on the first day with specific goals they want to achieve and prepared to discuss these goals with the instructor.

Minimum Class Size: 5; Maximum 10.

Ratio: 1 instructor to 10 students

INTERMEDIATE

This class is designed for adults wanting to improve and build on their present swimming ability. The adult already can tread water and get from one end of the pool to another without stopping. This student wants to improve on things such as rotary breathing, stroke techniques, diving from the deck, speed, endurance, and how to circle swim for fitness. The student should come with specific goals that have for themselves to discuss with the instructor on the first day of class. The instructor will then work with the student to develop an individualized plan of action for the progress of this class.

Minimum Class Size: 5; Maximum 10.

Ratio: 1 instructor to 10 students

SWIM LESSON DESCRIPTIONS

PRIVATE LESSON (AGES 6 AND UP)

Private lessons are designed to assist students who require a more individualized learning program. Keep in mind that most students will learn best in an environment with their peers. These are one-on-one lessons tailored to the individual student. These are not American Red Cross lessons and may not follow the strict requirements of American Red Cross courses. No American Red Cross certifications will be given out in private lessons. At the first class the instructor will evaluate the student's swim abilities and come up with a plan of action with the support from the parent/guardian on skills to work on during the private lessons.

Rescheduling of private lessons will only be done for medical reasons with at least a 24-hour notice. To be put on the list for private lessons, please go to PRIVATE SWIM INTEREST LIST. Once the information has been received, we will contact you with specific available dates and times.

FEES:

\$304 for 8 (30-minute) lessons. (\$38.00 per lesson), Non-Residents pay an additional \$15.



SWIM LESSON HELPFUL HINTS

WWW.AMESPARKREC.ORG

IOWA STATE – STATE POOL FACILITY INFORMATION

- Children will not be able to enter the building without being accompanied by an adult.
- Do not arrive more than 10 minutes prior to your lesson start time due to limited waiting room space. If you have more than one child in lessons at different times, they will need to wait in the pool area with an adult.
- Swim lesson participants and parents/guardians will have access to the pool during lesson time only. You will not be able to use other facility amenities unless you have a membership. You can ask at the front desk about membership and ISU affiliation.
- Parents/guardians are expected to stay in the pool area (and are not allowed in the water or hot tub) during your child's lesson. There is limited seating. You are welcome to bring in a small folding chair to use while you are at the lessons in the pool area. The pool area is very warm, so dress accordingly.
- No food or drink is allowed in the pool area and/or locker rooms.
- Once you arrive on the first day, you will need to sign the ISU Waiver Form and will receive a pass to show each day at the front desk for admission to the pool area for lessons. Please have this pass with you each day during the lessons for admission. Pass will be returned on the last day of lessons.
- On the first day, participants will be provided with a map to locate which portion of the space their class is in. Follow the map and look for the instructor holding up the sign with your child's class and level. The location of the class will remain the same throughout the session. No child is allowed in the water until the instructor allows.
- Please have your child already dressed in their swimming suit (except children in swim diapers). This will make the changing process easier. ISU only has two family locker rooms. It is strongly encouraged to rinse off in the shower prior to coming into the pool area.
- Children who are not toilet trained **MUST** have on a swim diaper and tight-fitting swimming apparel over the swim diaper.
- No towels, swim diapers, or swim apparel will be provided.
- City of Ames and ISU are not responsible for lost or stolen items. It is suggested that you have a large bag to store all your items in and take them out to the pool area during the lesson for ease and convenience.
- Please take note that there are no goggles allowed in parent child, preschool, and learn to swim levels 1 and 2.
- The lesson coordinator will blow the whistle, indicating 5 minutes left of the lesson. This is a good time to gather up your belongings and prepare to leave the pool area. There is 5 minutes between the lessons and you are welcome to talk to your child's instructor during this time to check on your child's progress. If you need more information or help, please speak to the lesson coordinator.