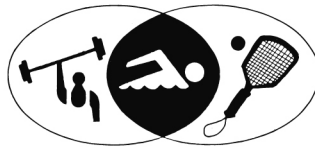


# Symons Recreation Complex

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OPEN TO THE PUBLIC

## Swim Lesson Enrollment Guidelines

### These are the guidelines for students starting each level:

#### Infant Toddler. Ages 6 months to 4 years. 30 minute class

- Accompanied by mom, dad, or other trusted adult
- Learns to enjoy the water in the safe confines of adult's arms.
- Graduates at age 4, if ready, to preschool one

#### PreSchool One. Ages 4 to 6. 30 minute class.

- Willing to participate in a lesson without mom or dad
- MAY wear belt float at beginning of lessons; will progress to entering the water without a belt
- Learns to put face into water
- Overcomes any fear of water
- At end of lessons, will swim and glide short distances (5 feet) with floats and without
- blow bubbles and bob
- Graduates into Preschool two or level two, depending on age, maturity, ability.

#### PreSchool Two. Ages 4 to 6. 30 minute class.

- Willing to participate in a lesson without mom or dad
- Is not fearful of water and is able to put face into water (if not, please see PS One)
- MAY wear belt float at beginning of lessons; will progress to swimming without a belt
- At end of lessons, will swim and glide 15 feet with floats and without
- blow bubbles and bob
- Graduates into Level two, depending on age, height, maturity, ability.
- IMPORTANT: children will repeat this class often – they need AGE to gain strength to swim 15 feet on their front and back without floats. Children who can touch the bottom of the pool by standing up graduate based on height.

Level 1. Ages 6 to 8. 40 minute class.

- This class is designed for students who are new to lessons and are nervous in the water. This class is not for children who have had swim lessons previously unless they are still very nervous in the water.
- Willing to participate in a lesson without mom or dad
- Belt floats will not be used.
- To graduate: is comfortable with bobs and face in water and can swim 5 feet on front **or** back using any stroke.
- To graduate: working on floating on back and front.
- Graduates into Level Two.

Level 2. Ages 6 to 9. 40 minute class

- This class is for students who are very comfortable in the water and are ready to learn actual swimming skills.
- To graduate: be able to swim on front with **face in water** 15 feet and swim on back for 10 feet
- To graduate: float on front and back for 5 seconds.
- To graduate: be able to do **GOOD bobs and rotary breathing at side of pool.**
- Really work on **good kicks and pulls**
- **Graduates into Level Three – likely to repeat level two several times to be old enough to have strength to complete tasks.**

Level Three. Ages 6 to 10. 40 minute class

- This class is for students who are very comfortable in the water and have already learned basic swimming skills.
- **Only occasional forward head lifting during rotary breathing.**
- Good flutter kick on front and back, no bicycle kicking, etc.
- Diving skills, including sitting or kneeling, are NOT taught at Symons.
- To graduate: swim length of pool with rotary breathing using front crawl; also, swim length with back crawl
- To graduate: Elementary backstroke work on correct kick for 15 yards
- To graduate: Tread water 30 seconds and float on back 30 seconds
- **Graduates into Level Four – likely to repeat level three several times to be old enough to have strength to complete tasks.**

Level Four. Ages 7 to 12. 40 minute class.

- This class is for students who are very comfortable in the water and have mastered basic swimming skills.
- **Front Crawl: No forward head lifting during rotary breathing, good body roll**
- **Back Crawl: Good body roll and “question mark” underwater finish**
- **Level four introduces many new strokes and skills**
- Introduce breaststroke including correct pull (only to shoulders) and correct timing (pull, breathe, kick, glide)
- Work on scissor kick

- All strokes should be done basically correctly although not perfectly. (kicks and rotary breathing should be correct)
- Diving skills, including sitting or kneeling, are NOT taught at Symons.
- To graduate: swim one length of pool using front crawl **using rotary breathing , including the rolling motion**, and back crawl.
- To graduate: ½ length of pool breaststroke and sidestroke; back float and tread water one minute.
- **Graduates into Level Five – more than any other class, likely to repeat level four several times to be old enough to have strength to complete tasks.**

Level Five. Ages 8 upward (typically ages 10 +). 40 minute class

- This class is for students who have good advanced swimming skills and have increased endurance and stamina.
- Work on all strokes including timing, precision, and increasing endurance.
- Diving skills, including sitting or kneeling, are NOT taught at Symons.
- **There should be NO critical flaws and all timing should be good.**
- **Butterfly arms and timing are introduced in this level along with sidestroke**
- **Front and back flip turns are taught**
- **To graduate: front and back crawl 50 yards, all other strokes 25 yards**

Level Six. Ages 10 upward (typically ages 12 +). 40 minute class

- This class is for students who have mastered advanced swimming skills and have developed endurance and stamina.
- Work on all strokes including timing and increase endurance.
- There are three areas of emphasis in level six to choose from: lifeguarding, fitness, or water safety (the Red Cross option of level six diving emphasis is not available at Symons)
- Must be able to swim 500 yards continuously to pass this level
- Turns for all strokes are taught
- **There should be NO critical flaws and all timing should be good.**

Adult Lessons. Ages 16-108. 40 minute class

- Individualized instruction. Each student in adult classes will have different swimming abilities from fear of water to stroke improvement. The instructor will accommodate each student's needs. This is a fun environment to learn in – invite a friend. These classes are taught by adult instructors.