

Summer Swimming Lessons: WHICH CLASS should I register my child for? r.March, 2016

Is your child mature enough to participate in this group learning activity?

Is he/she able to:

Sit on the side of the pool and not run away?

Wait for his or her turn?

Work comfortably with someone that he/she may consider a stranger (is he/she SOCIALLY READY?) ?

If no, then consider private lessons, waiting until your child is ready, and/or please consult with one of our instructors.

If yes to all, then consider the following options.



Level 1: Introduction to Water Skills

(1 week session) Recommended for ages 3 – 5

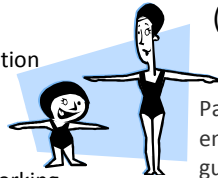
This course will introduce students to basic skills such as :

- Entering/exiting the pool safely using the ladder, steps, or side
- Blowing bubbles through the mouth and nose
- Bobbing
- Opening the eyes underwater and retrieving objects
- **While supported by instructor:**

- Basic floating positions (front and back)
- Front and back glides, recovery to standing position
- Roll from front to back, back to front
- Tread with arm and hand action
- Exploring different arm and leg movements

If your child can/will perform these skills and is comfortable working with an adult that is probably a stranger then

go to Level 2



Level 2: Fundamental Aquatic Skills

(1 week session) Recommended for ages 4 - 6

This course will introduce students to basic skills such as:

- Entering the water by stepping or jumping from the side
- Exiting the water safely using ladder or side
- Bobbing (submerging entire head)
- Opening eyes to retrieve an object
- **Without support from instructor:**

- Front and back floats and glides
- Recover to a vertical position
- Rolling from front to back, back to front
- Tread water using arm and leg action
- Basic arm and leg motions for swimming on front and back (alternate and simultaneous arm and leg action)

If your child can/will perform these skills without support and is comfortable working with an adult that is probably a stranger, then

go to Level 3



Level 3: Stroke Development

(2 weeks session) Recommended for ages 5 – 8

This course will introduce students to :

- Jumping into deep water from the side
- Bobbing while moving towards safety
- Rotary breathing
- Survival and back float, change from vertical to horizontal position
- Treading water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

If your child can perform these skills without support then

go toLevel 4

Level 4: Stroke Improvement

(2 weeks session) Recommended for ages 7 and up

This course will introduce students to and/or refine :

- Swimming underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Treading water using 2 different kicks
- Flutter and dolphin kicks on back
- Front crawl and elementary backstroke –better form than Level 3
- Back crawl, breaststroke, sidestroke, butterfly

If your child can perform these skills then

go to Jr. Lifeguard

Special Programs

Parent and Child Aquatics:

(1week session) Recommended for ages 6 months – 3 years.

Both parent (or other responsible adult) and child are in the water.

Parent and Child Aquatics helps young children get ready to swim by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help kids learn elementary swimming skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. This is a good starting point for children too young to participate in Level 1 and/or those who may experience extreme anxiety without a familiar adult.

If your child meets the suggested minimum age, comfort, and maturity level for group lessons,

go to Level 1

Introductory Junior Lifeguard Program

(1 week session, 9am – 4 pm) Recommended for ages 8-11 or 12-15

Minimum skill level:

- Participants must be able to swim 25 yards (1 full length of the pool) unassisted and tread water for 2 minutes.

This course explores the ins and outs of being a pool lifeguard, from fitness requirements and maintenance duties to professional dress and demeanor, public relations, sun safety, etc., all while learning personal water safety skills and basic rescue techniques.

- 4 days at the pools, beach, and in the classroom
- 1-day water park trip (water park rescue).

Ocean Beach Junior Lifeguard Program

(1 week session, 9am – 4 pm) Recommended for ages 10-15

Minimum skill level:

- Participants must be able to swim 100 yards (4 pool lengths) proficiently, using front crawl and/or breaststroke, swim 10 yards underwater, and tread water for 3 minutes.

Mentored by Ocean Rescue professionals in a team building environment, this program emphasizes physical fitness, personal safety and sun protection, and explores ocean aquatic safety techniques, introductory CPR skills and beach ecology.

Scuba Classes for ages 10 and up (held monthly) and Aquatic Adventure Camp for ages 8 and up (4-days)