

# **NORWALK REC SWIM LESSON LEVEL DESCRIPTIONS**

## **Parent & Child**

### **Toddler – 18 months – 3 years old**

Class is conducted with a 1:1 parent/child ratio. Classes begin with water adjustment and gaining familiarity and comfort led by an experienced instructor. Children who are not potty trained are expected to wear swim diapers. There is no pre-requisite to this class. Children will be taught how to blow bubbles through their mouth and/or nose, how to paddle their arms, how to kick their legs on their front and back, and how to safely enter and exit the water. All the skills are conducted in the therapy pool with children supported in the water by their parent.

### **Preschool – 4 & 5 years old**

Class is conducted the same as the Toddler level however it is held in the shallow end of the therapy pool where students can touch. Parents will provide assistance to their child and encouraging them to complete the skills on their own with less support as they grow more confident.

## **Level 1**

Level 1 is conducted in the shallow end of the therapy pool where students ages 6 thru 12 can learn the most basic of skills as they start learning to swim and support themselves. Students in this level will be encouraged to use less and less support devices so they learn to support themselves in the water. They will begin with learning to control their breathing in the water, such as learning to bob. They will be introduced to floating on the front and the back. This includes teaching them how to get into and out of those floating positions. They will be introduced to proper body positioning when learning to glide through the water on the front and back. They will be introduced to proper flutter kicking on the front and back. In order to prepare students for the next level, rolling from front to back and back to front will also be introduced so they begin to understand concepts for rotary breathing.

## **Level 2**

Level 2 will be conducted in the middle section of the therapy pool where students will review what they learned in level 1 and expand on those skills to become stronger, more efficient swimmers. Students will learn to rotary breathe (breathing to the side without touching the floor or lifting their head to the front). They will be introduced to the front and back strokes. Front stroke will be introduced with rotary breathing. Students should be able to sufficiently make it across the pool and back while kicking and breathing on their fronts and backs before promoting to Level 3.

## **Level 3**

Level 3 will be conducted primarily in the deep end of the therapy pool. They will begin with reviewing the skills learned in levels one and two and then expanding on that knowledge. They will be introduced to the breaststroke and dolphin kicks, treading in water over their head, and diving from the side of the pool. They will refine the freestyle and backstroke.

## **Intro to Swim Team**

This class is recommended for swimmers who are able to rotary breathe and efficiently swim freestyle and backstroke. They should have a basic understanding of the breaststroke and dolphin kicks. In this class they will begin to work on endurance, proper circle swimming, flip turns while swimming freestyle and when swimming backstroke, and diving from a block. This setting will introduce swimmers to what swim team will feel like and will be able to let parents know if their child is ready for a team setting yet. Swimmers ages 6-16 years are welcome. Space is limited.