

SHOREWOOD HILLS POOL SWIM/DIVE LESSONS – CLASS DESCRIPTIONS

Please try to estimate your child's swim/dive level from the description below. Instructors will adjust students accordingly during the first few days of each session. **When in doubt, please select a lower level.** It is our desire to have the option of moving participants "up" in a lesson level, rather than having to adjust them "down".

COURSE	PREREQUISITES (bold) and CLASS DESCRIPTIONS
P/T	Parent/Tot: Goal is to introduce child to aquatic environment in the comfort of his/her parent. Focus on comfort and confidence in/around water. Games, music, etc. Minimum age – 6 months. Must have a recently applied, tight-fitting swim diaper.
Level 1	Very limited water experience. Should be able to participate without parental involvement. Introduction to basic water skills and development of swimming readiness. Will learn to submerge mouth, nose, and eyes. Front and back float <u>while supported</u> for 3 seconds. Course is held on pool stairs/shallow end. Suggested minimum age of 3 years.
Level 2	Completed Level 1. Swim with any combination of arm and leg movements for 15 feet on front and back, improving breath control, comfort in chest depth water level, begin to place entire head under water. Front and back floats for 5 seconds.
Level 3	Completed Level 2. Strong enough to work on combining strokes on front and back and begin to swim 15 - 25 yards (width of pool). Treading in slightly deeper water, retrieval of underwater items, coordinated breathing, head-first entry from seated position. Intro to butterfly.
Level 4	Completed Level 3. Improve upon previous skills/confidence. Begin diving, underwater swimming, open swim turns, survival float, coordinated treading. Intro to breaststroke and elementary backstroke. Front and back crawl 25 yards, breaststroke, and elementary backstroke 15 yards.
Level 5	Completed Level 4. Additional practice, refinement, and endurance based on level 4 skills. Learn sidestroke, flip turns, survival swimming. Front and back crawl 50 yards, breaststroke, and elementary backstroke 25 yards.
Level 6	Completed level 5. Skill proficiency and endurance for all strokes. Work on swim turns for all strokes. Use of kickboard, pull buoy, pace clock, fins (optional), and paddles (optional). Goal is to attain a continuous 500-yard swim including multiple strokes.
CS	Competitive Stroke Skills: Completed Level 6. This class is intended to help competitive swimmers improve their stroke proficiency, turns, and starts.
BWS/LR	Basic Water Safety/Lifeguard Readiness: Completed Level 6. Train students who want to know how to respond in an aquatic emergency. This course will not qualify a participant to be a lifeguard. It will serve as a solid foundation for further training in lifeguarding and aquatics.
MEMBERS OF THE DIVE TEAM MAY NOT PARTICIPATE IN DIVE LESSONS	
ID	Introduction to Diving: Introduction to the diving board. Basic safety and use of the board. Building block skills to prepare students for further diving board use. Will learn diving approach. Front dive/back dive.
DD	Diving development: Students who are comfortable on the board, and familiar with the approach. Will begin to learn additional dives.