



2018 GALENA WATER PARK

DESCRIPTION OF SWIMMING LESSON LEVELS

The Galena Water Park is proud to offer American Red Cross swim lessons. Following is a description of classes offered. Placement of the student in the appropriate class is ultimately left to the Lesson Coordinator’s discretion to best meet the needs of the student.

2018
<p>Preschool Aquatics Water Orientation (Young children, ages 3-5 water fundamentals & safety)</p>
<p>Learn-to-Swim L1 Beginner—Introduction to Water Skills (Ages 5+ Children who have completed kindergarten and who feel comfortable fully submerging)</p>
<p>Learn-to-Swim L2 Beginner—Fundamental Aquatic Skills</p>
<p>Learn-to-Swim L3 Intermediate—Stroke Development</p>
<p>Learn-to-Swim L4 Intermediate—Stroke Improvement</p>
<p>Learn-to-Swim L5 Intermediate—Stroke Refinement</p>
<p>Learn-to-Swim L6 Advanced—Advanced Options</p>
<p>Learn-to-Swim L7 Pre-Junior Lifeguarding</p>

Preschool Aquatics Classes

The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills by young children about 3-5 years of age. The class is designed to orient young preschool children to the aquatic environment and to help them gain basic aquatic skills. It also helps children develop comfort in, on, and around the water. In this class, children will be tested and placed in either “Preschool Level 1” or “Preschool Level 2” class. Preschool Level 2 class is designed for preschool children who can already submerge and are working on basic swimming skills. (Occasionally, there may be 6-year-olds enrolled if they are unable to completely submerge and are fearful around water.)

Learn-to-Swim Program

The recommended minimum age for entry into the Learn-to-Swim program is about 6 years old. However, 5-year-olds who can comfortably submerge may also enroll.

American Red Cross “Learn-to-Swim” teaches aquatic and personal water safety skills in a logical progression. The objectives are to teach children to be safe in, on, and around the water and to swim well. It consists of six levels. Participants in Level 1 re oriented to the aquatic environment and gain some basic skills in each category. Throughout the levels, participants build on their basic skills to learn various propulsive movements on the front, back, and side. As the levels increase, participants learn to refine the different strokes and build endurance. Each level includes exit skills assessments that put together many of the skills learned in the level. We

have created a Level 7 which is a pre-junior lifeguarding class for students who have completed L6 but are too young for Junior Lifeguarding. Typically, students who are in Junior Lifeguarding are 14 years old. They must be 15 years old to enroll in Lifeguarding.

Preschool Aquatics: Water Orientation

- ✓ Ages 3-5, Preschool

SKILLS

- ✓ Enter water using ramps, steps or side
- ✓ Exit water using ladder, steps or side
- ✓ Blow bubbles
- ✓ Submerge mouth, nose and eyes
- ✓ Open eyes under water and retrieve submerged objects
- ✓ Front glide and recover to a vertical position
- ✓ Back glide and recover to a vertical position
- ✓ Back float for 3 seconds
- ✓ Roll from front to back and back to front
- ✓ Arm and hand treading action
- ✓ Alternating and simultaneous leg actions and arm actions on front
- ✓ Alternating and simultaneous leg actions and arm actions on back
- ✓ Combined arm and leg actions on front
- ✓ Combined arm and leg actions on back

EXIT ASSESSMENT: With Support

- ✓ Enter independently, using either the ramp, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least seconds then safely exit the water. (Children can walk, move along the gutter or "swim.")
- ✓ While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

Learn-to-Swim L1: Beginner

- ✓ Ages 5+
- ✓ Must be able to totally submerge

SKILLS

- ✓ Enter water using a ramp, steps or side
- ✓ Exit water using a ladder, steps or side
- ✓ Blow bubbles for 3 seconds
- ✓ Bobbing, 5 times
- ✓ Open eyes under water and retrieve submerged objects
- ✓ Front glide and recover to a vertical position

- ✓ Back glide and recover to a vertical position
- ✓ Back float for 5 seconds
- ✓ Roll from front to back and back to front
- ✓ Treading water arm and hand actions
- ✓ Alternating and simultaneous leg and arm actions on front
- ✓ Alternating and simultaneous leg and arm actions on back
- ✓ Combined arm and leg actions on front
- ✓ Combined arm and leg actions on back

EXIT ASSESSMENT

- ✓ Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water
- ✓ Glide on front at least 2 body lengths, roll to back float for 5 seconds, and recover to a vertical position

Learn-to-Swim L2: Beginner— Fundamental Aquatic Skills

SKILLS

- ✓ Enter water using a ramp, steps or side
- ✓ Exit water using a ladder, steps or side
- ✓ Fully submerge and hold breath
- ✓ Bobbing, 10 times
- ✓ Open eyes under water and retrieve submerged objects
- ✓ Rotary breathing
- ✓ Front, jellyfish and tuck floats for 10 seconds
- ✓ Front glide and recover to a vertical position
- ✓ Back glide and recover to a vertical position
- ✓ Backfloat for 15 seconds
- ✓ Roll from front to back and back to front
- ✓ Tread water for 15 seconds
- ✓ Change direction of travel while swimming on front or back
- ✓ Combined arm and leg actions on front
- ✓ Combined arm and leg actions on back
- ✓ Finning arm action on back

Learn-to-Swim L3: Intermediate— Stroke Development

SKILLS

- ✓ Jump into deep water from the side, submerge and return to the side
- ✓ Headfirst entry from the side in seated and kneeling positions
- ✓ Bobbing while moving to safety
- ✓ Rotary breathing
- ✓ Survival float for 30 seconds
- ✓ Back float for 1 minute
- ✓ Tread water for 1 minute
- ✓ Push off in streamlined position on front, then begin kicking
- ✓ Swim the front crawl for 15 yards
- ✓ Swim the elementary backstroke for 15 yards
- ✓ Flutter, scissors, breaststroke, and dolphin kicks

EXIT ASSESSMENT

- ✓ Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
- ✓ Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke 15 yards, then exit the water.

Learn-to-Swim L4: Intermediate— Stroke Improvement

SKILLS

- ✓ Headfirst entry in compact and stride positions
 - ✓ Feetfirst surface dive
 - ✓ Swim underwater
 - ✓ Tread water, using 2 different kicks
 - ✓ Survival swimming for 1 minute
- Swimming*
- ✓ Front crawl for 25 yards
 - ✓ Elementary backstroke for 25 yards
 - ✓ Breaststroke for 15 yards
 - ✓ Back crawl for 15 yards
 - ✓ Butterfly for 15 yards
 - ✓ Sidestroke for 15 yards
 - ✓ Open turns on the front and back
 - ✓ Flutter and dolphin kicks on back
 - ✓ Push off in streamlined position on back, then begin kicking

EXIT ASSESSMENT

- ✓ Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim elementary backstroke for 25 yards.
- ✓ Swim breaststroke for 15 yards, change direction and position as necessary, and swim back crawl for 15 yards
- ✓ Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

Learn-to-Swim L5: Advanced—Stroke Refinement

SKILLS

- ✓ Shallow-angle dive into deep water
- ✓ Tuck surface dive
- ✓ Pike surface dive
- ✓ Tread water for 5 minutes
- ✓ Tread water, using legs only, for 2 minutes
- ✓ Sculling for 30 seconds

Swimming

- ✓ Front crawl for 50 yards
- ✓ Elementary backstroke for 50 yards
- ✓ Breaststroke for 25 yards
- ✓ Back crawl for 25 yards
- ✓ Butterfly for 25 yards
- ✓ Sidestroke for 25 yards
- ✓ Front flip turn
- ✓ Backstroke flip turn

EXIT ASSESSMENT

- ✓ Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke for 50 yards, using appropriate and efficient turning style throughout.
- ✓ Swim breaststroke for 25 yards, change direction and position of travel as necessary, and swim back crawl for 25 yards, using appropriate and efficient turning style throughout.

Learn-to-Swim L6: Advanced—Advanced Options

SKILLS

- ✓ Surface dive and retrieve object from the bottom, 7-10 feet deep

Swimming

- ✓ Front crawl for 100 yards
- ✓ Elementary backstroke for 100 yards
- ✓ Breaststroke for 50 yards
- ✓ Back crawl for 50 yards
- ✓ Butterfly for 50 yards
- ✓ Sidestroke for 50 yards
- ✓ Demonstrate open turns and front and back flip turns when swimming

EXIT ASSESSMENT

- ✓ Swim 500 yards continuously, using any 3 strokes of choice, swimming at least 50 yards of each stroke.

NOTE: Additional exit assessments are required, depending on the course options selected.

Learn-to-Swim L7: Advanced Skills—Pre-Jr. Lifesaving

SKILLS

- ✓ Elementary back stroke-perfection
- ✓ Back crawl-perfection
- ✓ Breast stroke-perfection
- ✓ Side stroke-perfection
- ✓ Crawl stroke-perfection
- ✓ Over arm sidestroke
- ✓ Inverted breast stroke
- ✓ Inverted side stroke
- ✓ Trudgen stroke
- ✓ Trudgen crawl
- ✓ Double trudgen stroke
- ✓ Double trudgen crawl
- ✓ Open turns-review/improve
- ✓ Survival float/survival stroke-fully clothed
- ✓ Disrobe
- ✓ Long shallow dive
- ✓ Stride jump
- ✓ Approach stroke
- ✓ 10 min. swim
- ✓ Basic rescues
- ✓ Rescue breathing demonstration
- ✓ Safety information