

Swim Lesson Placement Guide

Age categories are provided as a guideline. Instructors will recommend the appropriate placement for each student based on skills testing during the initial lesson. The Junior Lifeguard/Water Safety class is designed for strong swimmers. Please review prerequisites below and on the website.

<p>PARENT/TODDLER (2, 3 & 4 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Be comfortable in the water with a parent/guardian holding on • Hold onto side of pool independently • Partially submerge face, blow bubbles 	<p>TADPOLE (5 & 6 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Become oriented and move comfortably in the water • Fully submerge face • Demonstrate basic breath control • Demonstrate supported floating and kicking on front and back • Enter and exit water independently • Become familiar with alternating arm action • Learn basic water safety and ways to get help
<p>BEGINNER (7 & 8 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Fully submerge face and retrieve underwater objects • Do front and back float alone • Level off from a vertical position • Demonstrate bobbing • Breathe rhythmically • Explore deep water with support • Flutter kick on front and back • Demonstrate step-in entry and side exit • Turn over, back to front and front to back 	<p>ADVANCED BEGINNER (8, 9 & 10 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Retrieve objects with eyes open • Do front and back crawl • Glide with a push off • Dive • Reverse direction on front and back • Build endurance by swimming laps • Tread water • Demonstrate rotary breathing • Learn rescue breathing techniques
<p>INTERMEDIATE (10, 11 & 12 YR OLDS)</p> <p>Students will learn to:</p> <ul style="list-style-type: none"> • Demonstrate alternate breathing • Perform front and back crawl and elementary back stroke for long distance • Do side and breaststroke • Increase endurance in treading • Perform tuck and pike surface dives • Demonstrate throwing rescue 	<p>JR LIFEGUARD/WATER SAFETY (STRONG SWIMMERS/11 - 14 YR OLDS)</p> <p>Before this course, students must be able to:</p> <ul style="list-style-type: none"> • Swim 25 yards using proper technique for front crawl, breast stroke and back stroke/back crawl • Tread water for 1 minute • Swim underwater for 10 feet <p>In this course, students will learn:</p> <ul style="list-style-type: none"> • The role of lifeguard training and pool rules • Advanced swimming and in-water rescue skills and how to use rescue equipment • The characteristics of distressed and drowning victims • Beginning canoeing and kayaking skills • The “H.E.L.P” position and survival floating • How to use clothes as flotation devices