

Hesperia Recreation and Park District's 2020 Learn to Swim Course Descriptions

Registration available online only, beginning April 15, 2020, at www.HesperiaParks.com

Parent and Child Aquatics 6 Months to 3 years of age Class size 8	Provides experiences and activities for children to: 1. Establish expectations for adult supervision. 2. Learn how to enter and exit the water in a safe manner. 3. Explore submerge to the mouth, nose, eyes. 4. Explore buoyancy on front and back positions. 5. Glide on the front and back with assistance. 6. Change body position in the water. 7. Perform combined stroke on front and back with assistance. 8. Learn how to play safely. 9. Experience wearing a U.S. Coast Guard - approved life jacket.
Preschool Aquatics 3 to 5 years of age Class size 6	Orients children to the aquatic environment and helps them gain basic aquatic skills. 1. Enter and exit water using ladder, steps, or side. 2. Blow bubbles through mouth and nose. 3. Open eyes under water and retrieve submerged objects. 4. Front and back glides and floats. 5. Roll from front to back and back to front. 6. Alternating arm and leg actions on front and back. 7. Combined arm and leg actions on front and back.
Level 1 - Introduction to Water Skills None - Participants start at about 6 years of age. Class size 8	Helps participants feel comfortable in the water and gain basic swimming and propulsive skills. 1. Enter and exit water using ladder, steps, or side. 2. Blow bubbles through mouth and nose. 3. Open eyes under water and retrieve submerged objects. 4. Front and back glides and floats. 5. Recover to vertical position. 6. Roll from front to back and back to front. 7. Tread water using arm and hand actions. 8. Alternating and simultaneous leg actions on front and back. 9. Alternating and simultaneous arm actions on front and back. 10. Combined arm and leg actions on front and back.
Level 2 - Fundamental Aquatic Skills Must have passed Level 1 Class size 8	Gives participants success with fundamental skills. 1. Enter and exit water using ladder, steps or side. 2. Fully submerge and hold breath. 3. Open eyes under water and retrieve submerged objects. 4. Front, jelly fish, and tuck floats. 5. Front and back glides and floats. 6. Roll from front to back and back to front. 7. Tread water using arm and hand actions. 8. Change direction of travel while swimming on front or back. 9. Combined arm and leg actions on front and back. 10. Finning arm action.
Level 3 - Stroke Development Must have passed Level 2 Class size 8	Builds on skills in Level 2 through additional guided practice in deeper water. 1. Enter water by jumping from the side. 2. Headfirst entries from the side in sitting and kneeling positions. 3. Bobbing while moving toward safety. 4. Rotary breathing. 5. Survival float. 6. Back float. 7. Change from vertical to horizontal position on front and back. 8. Tread water. 9. Flutter, scissor, dolphin, and breaststroke kicks on front. 10. Front crawl, back crawl, and elementary back stroke.
Level 4 - Stroke Improvement Must have passed Level 3 Class size 8	Develops confidence in the skills learned and improves other aquatics skills. 1. Headfirst entries from the side in compact and stride positions. 2. Swim under water. 3. Feet first surface dive. 4. Survival swimming. 5. Front crawl and back stroke open turns. 6. Tread water using two different kicks. 7. Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. 8. Flutter and dolphin kicks on back.
Level 5 - Stroke Refinement Must have passed Level 4 Class size 8	Provides further coordination and refinement of strokes. 1. Shallow – angle dive from the side then glide and begin front stroke. 2. Tuck and pike surface dives, submerge completely. 3. Front flip turn and backstroke flip turn while swimming. 4. Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly. 5. Sculling.
Level 6 - Personal Water Safety / Fitness Swimmer Must have passed Level 5 Class size 8	1. Stroke refinement to increase ease, efficiency, power and smoothness over a greater distance while swimming front crawl, back crawl, butterfly, elementary back stroke, breaststroke, and side stroke. 2. Open turns, flip turns, sidestroke turn, and butterfly turn. 3. Explain techniques that can be used to avoid aquatic emergencies, stay safe while boating or operating personal water craft. 4. Survival swimming, HELP, and huddle positions. 5. Recognizing characteristic behaviors of someone who needs help in the water. 6. Reaching, throwing, and wading assists. 7. Survival float.
Junior Guard Must have passed Level 6 Class size 15	1. Provide a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses. 2. Learn about the causes and ways to prevent drowning and diving accidents. 3. Learn how to recognize someone in trouble. 4. Learn how to supervise others around the water. Course Fee: \$47.00, course materials included.
Adult: Beginning/Intermediate Must be 18 years of age or older Class size 8	1. Floats on front and back. 2. Submerge and recover to surface in deep water. 3. Finning arm action. 4. Glides on front and back. 5. Survival float. 6. Front Crawl. 7. Rotary Breathing. 8. Elementary Backstroke. 9. Scissor kick. 10. Tread water. 11. HELP and huddle positions.