

Hesperia Recreation and Park District's 2022 Learn to Swim Course Descriptions

Registration is available online only, beginning May 2, 2022, at www.HesperiaParks.com

<p><u>Parent and Child Aquatics</u> 6 months to 3 years of age <i>Class size 8 max.</i></p>	<p>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.</p>
<p><u>Level 1</u> 3 to 5/Approx. 6 years of age. <i>Class size 8 max.</i></p>	<p>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 underwater 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. Recover to vertical position. 8. Combined, alternating and simultaneous leg actions on front and back.</p>
<p><u>Level 2</u> It is recommended that participants complete and successfully pass Level 1 or are approx. 7-8 years of age with no fear of the water. <i>Class size 8 max.</i></p>	<p>Gives participants success with fundamental skills while progressing to guided practice in deeper water. 1. Enter and exit water using ladder, steps, or side with emphasis on jumping in from the side. 2. Fully submerge and hold breath. 3. Open eyes underwater and retrieve submerged objects. 4. Front, jellyfish, and tuck floats. 5. Front and back glides and floats. 6. Roll from front to back and back to front. 7. Combined, alternating and simultaneous leg actions on front and back.</p>
<p><u>Level 3</u> It is recommended that participants complete and successfully pass Level 2 and are able to swim the width of the pool with no assistance. <i>Class size 8 max.</i></p>	<p>1. Swim underwater. 2. Tread water using arm and hand actions. 3. Change direction of travel while swimming on front or back. 4. Combined arm and leg actions on front and back. 5. Finning arm action. 6. Introduction to the development of the front crawl, back crawl, and elementary backstroke.</p>
<p><u>Level 4</u> It is recommended that participants complete and successfully pass Level 3 or are able to swim the width of the pool with no assistance. <i>Class size 8 max.</i></p>	<p>Develops confidence in the skills learned and improves other aquatics skills with more advanced coordination and refinement of strokes as skills develop. 1. Headfirst entries from the side in compact and stride positions. 2. Swim underwater. 3. Feet first surface dive. 4. Survival swimming. 5. Front crawl and backstroke 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.</p>
<p><u>Introduction to Swim Team</u> It is recommended that participants complete and successfully pass Level 4 and are able to swim the length of the pool with no assistance. <i>Class size 16 max.</i></p>	<p>1. Stroke refinement to increase ease, efficiency, power, and smoothness over a greater distance while swimming front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke. 2. Open turns, flip turns, sidestroke turn, and butterfly turn. 3. Introduction to swimming for fitness. <u>Additional Requirements:</u> 1x swim assessment the Saturday before each session (only required 1x and not for each session enrolled). A 1x USA Swim Fee required for participation - \$20.00/12-months. <i>Course is offered by Desert Aquatics.</i></p>