

Hesperia Recreation and Park District's 2021 Learn to Swim Course Descriptions

Registration is available online only, beginning May 3, 2021, 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>Preschool / Level 1</u> 3 to 5 years of age / Approx. 6 years of age. <i>Class size 8 max.</i></p>	<p>Preschool Aquatics 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 progresses to include: 8. Recover to vertical position. 9. Roll from front to back and back to front. 10. Alternating and simultaneous leg actions on front and back. 11. Alternating and simultaneous arm actions on front and back. 12. Combined arm and leg actions on front and back.</p>
<p><u>Level 2 - Fundamental Aquatic Skills / Level 3 – Stroke Development</u> It is recommended that participants complete and successfully pass Preschool/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 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. 11. Introduction to the development of the front crawl, back crawl, and elementary back stroke.</p>
<p><u>Level 4 - Stroke Improvement / Level 5 – Stroke Refinement</u> It is recommended that participants complete and successfully pass Level 2/3 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 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.</p>
<p><u>Introduction to Swim Team</u> It is recommended that participants complete and successfully pass Level 4/5 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 back stroke, breaststroke, and side stroke. 2. Open turns, flip turns, sidestroke turn, and butterfly turn. 3. Introduction to swimming for fitness. Additional Requirements: 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>