

Clover Park School District

LEARN-TO-SWIM PROGRAM

PARENT/TOT: Designed for children 6 months to 2½ years of age.

Purpose: Builds readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills including water entry, bubble blowing, kicking, floating, under water exploration and more.

PRESCHOOL (Starfish): This is the beginning class for children 3-5 years of age that are able to attend class without a parent. *See Level 1 for course description.*

LEVEL 1 (Jelly Fish): Introduction to Water Skills

Water Personal Safety Skills	Floating on front and back
Using a life jacket	Front and back flutter kick
Submerging mouth, nose and eyes	Swimming on front using arm and legs
Exhaling under water	Opening eyes underwater

LEVEL 2 (Seahorses): Fundamental Aquatic Skills

Front and back floats, 10 seconds	Bobs with controlled breathing
Front and back glide, unassisted	Front crawl, unassisted 5 yards
Flutter kick with kickboard, 10 yards	Back crawl, unassisted 5 yards
Tread water using arms and legs	Recognizing a swimmer in distress and getting help

LEVEL 3 (Puffins): Stroke Development

Front and back crawl, 15 yards	Introduction to elementary backstroke
Introduction to side breathing	Kneeling/standing dive (shallow dive progression)
Butterfly – kick and body motion	Increase endurance, 25 yards

LEVEL 4 (Stingrays): Stroke Improvement

Front and back crawl, 25 yards	Underwater swim
Elementary backstroke, 15 yards	Dive from stride position and shallow dive
Introduction to breaststroke	Survival float
Introduction to butterfly	Increase endurance, 50 yards

LEVEL 5 (Dolphins): Stroke Refinement

Front and back crawl, 50 yards	Swimming technique for breaststroke and butterfly
Open turns on front and back	Tuck surface dive and pike surface dive
Front flip turn and backstroke turn	Increase endurance, 100 yards

LEVEL 6 (Orcas): Swimming Skill Proficiency

Refines all strokes enabling students to swim with ease, efficiency, power and smoothness over greater distances. Completion of this class prepares students for swim teams, lifeguarding and water safety instruction programs.

NOTE TO PARENTS: A swimmer is advanced to the next level of lessons **ONLY** when they can **proficiently** and **safely** perform the skills within their own level. We encourage and expect students to learn and progress at their own rate.