

# AQUATICS



## PARENT & CHILD CLASSES

### AQUA-TOTS > AGES 18 MO–3

This class is for children ages 18 months to 3 years. It is designed to help your child become comfortable in and around water so they are ready to learn to swim. Basic swimming skills will be introduced. Each child must be accompanied by an adult in the water.

### TADPOLES > AGES 3–4

This class is for children 3 years of age. The main focus is to help your child feel comfortable in the water and begin to learn some basic swimming skills. Each child must be accompanied by an adult in the water.

## PRESCHOOL CLASSES > AGES 4–5

### PRESCHOOL LEVEL A > AGES 4–5

This class helps participants feel comfortable in the water. Skills will include enter / exit the water, blow bubbles, submerge face, open eyes under water and retrieve submerged objects, front and back glides, back float, roll over, tread water, leg and arm actions on front and back, and water safety topics.

### PRESCHOOL LEVEL B > AGES 4–5

This class is for children who have passed Preschool Level A. Children will learn fundamental skills, which will include: enter water by stepping in, bobbing, open eyes under water and retrieve submerged objects, front and back floats and glides, roll over, tread water, combined arm and leg actions on front and back, and finning.

### PRESCHOOL LEVEL C > AGES 4–5

This class is for children who have passed both Preschool Levels A and B. Children will build on skills learned in Level B through additional practice in deeper water. They will learn to enter water by jumping in, fully submerge and hold breath, front, jellyfish and tuck floats, back float and glide, change direction of travel while swimming, tread water, combined arm and leg actions on front and back, and finning arm action back.

## LEARN TO SWIM CLASSES > AGES 6+

### LEVEL 1 > INTRODUCTION TO WATER SKILLS

Level 1 helps participants feel comfortable in the water. Students will learn to enter and exit water independently, fully submerge face, exhale underwater, bobbing, opening eyes underwater and picking up submerged object, front and back glides and floats, roll over, tread water, and water safety topics.

### LEVEL 2 > FUNDAMENTAL AQUATIC SKILLS

Level 2 is designed to give students success with fundamental skills. Students will learn to fully submerge and hold breath, bobbing, retrieve a submerged object in shallow water; front, jellyfish and tuck floats; front and back glides and floats; change directions, roll over, tread water, combined arm and leg actions on front and back, and finning.

### LEVEL 3 > STROKE DEVELOPMENT

Level 3 will build on the Level 2 skills by providing additional guided practice in deeper water. Students will learn to jump into deep water, sitting or kneeling dives, bobbing, rotary breathing, survival float, back float, flutter and dolphin kicks on front, scissors kick, breaststroke kick, front crawl and elementary backstroke, and tread water.

### LEVEL 4 > STROKE IMPROVEMENT

Level 4 will develop confidence in the skills learned and improve other aquatic skills. Students will learn to dive from compact and stride positions, swim underwater, feet-first surface dive, survival swimming, front crawl and backstroke open turns, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, flutter and dolphin kicks on back, and tread water.

### LEVEL 5 > STROKE REFINEMENT

Level 5 will provide further coordination and refinement of strokes. It will include shallow angle dive, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn, front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly, sculling, and water safety topics.

### LEVEL 6 > FITNESS SWIMMER > PERSONAL WATER SAFETY > DIVING

Level 6 refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing students for more advanced courses, such as the Water Safety Instructor (WSI) course, or other aquatic activities such as competitive swimming. Each option also includes applicable water safety topics. We offer the Personal Water Safety, Diving, and Fitness Swimmer options. Swimmers may take all of these Level 6 classes.

**ALL COURSES AND EVENTS ARE SUBJECT TO CHANGE DUE TO COVID-19 AND/OR ANY EXECUTIVE ORDER GIVEN BY THE STATE OF MINNESOTA GOVERNOR**