

# Swim Lessons

Introducing:

## Western New York Swim Instructors (WNYSI)

All of our swim instructors are WNYSI certified to ensure safety and consistency throughout every lesson. This course was created by the Orchard Park Recreation Department and is New York State Health Department certified. All instructors are at least 16 years old and certified in Lifeguarding, CPR and AED.

### LESSON LEVELS

Use the level descriptions below to help determine the appropriate level for your swimmer. *\*Please Note: swimmers that are well above or below the level they are registered for may be asked to join a different level*

#### **PARENT CHILD A and B:**

Parents and children will have fun exploring the aquatic world together in this exciting class. Children will get acclimated to the water through games, music and fun activities that focus on water entry, swimming on the front and back, breath control, changing directions and safety. Both parent child classes are designed for children 6 months old to 3 years old. Parent Child A is geared for first time participants. Parent Child B is designed for more experienced swimmers and those preparing for the bubble belt level.

#### **BUBBLE BELT:**

This class is designed for children ages 3-5 years old who may be in the water on their own (without a parent) for the first time. Children will continue their water acclimation and exploration with bubble belts. The focus of this class is safe water entry and exit, good positioning on their front and back, changing directions and water safety.

#### **LEVEL I: WATER EXPLORATION**

This class is geared to those ages 4-7, and helps prepare participants to feel comfortable in the water without the aid of a flotation device. Basic personal water safety information and basic skills will be taught. Children in this class will begin developing good swimming habits and safe practices in and around the water. Bobbing, floating, glides, kicking, swimming on front and back, jumping and underwater exploration are some of the highlights of this class.

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Note: Activities may be adjusted to meet registration and class size. Sessions may be changed due to enrollment or staffing concerns.

## **LESSON LEVELS (cont.)**

### **LEVEL II: FUNDAMENTAL AQUATIC SKILLS**

This class is geared to those who are age 5 and older, and are comfortable in the water. The child builds on their swim skills by expanding on fundamental aquatic locomotion and safety skills. Learning to float without support, underwater swimming and alternating arm and leg actions on the front and back, lay the foundation for future strokes. Confidence in the water tends to grow tremendously at this swim level.

### **LEVEL III: STROKE READINESS & DEVELOPMENT**

This class builds on the skills learned in Level II, through additional guided practice in deeper waters. Swimmers will learn the survival floats, learn to coordinate the front and back crawl, as well as elementary backstroke. Treading water, head first entry into the pool and deep water exploration also helps the swimmer gain strength and confidence in the water

### **LEVEL IV: STROKE DEVELOPMENT & IMPROVEMENT**

This class is designed for the swimmer to develop confidence and proficiency in front crawl, back crawl, elementary backstroke and underwater swimming. Breaststroke, sidestroke and butterfly are introduced and taught at this level, including turning at the wall and surface dives. Swimmers swim longer distances in each of the strokes performed.

### **LEVEL V: STROKE REFINEMENT**

This class is more advanced than Level IV. Students must be able to swim a full lap proficiently and should be proficient in the back crawl, front crawl and deep end swimming. This level helps swimmers coordinate and refine previously learned strokes. Participants will increase their distances with each stroke and they will learn open turns, flip turns, dolphin kick and different diving skills.

### **LEVEL VI – SSF – SWIM TO STAY FIT**

This class is designed to help children stay fit through swimming. The focus will be on efficiency of strokes over longer distances (300 yards or more). Students will swim longer distances without stopping as well as through intervals.

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