

AQUATICS - ALL AGES

Learn-to-Swim

Based on a logical, six-level progression that helps swimmers about 6+ years old and adults develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.



LEVEL 1: INTRODUCTION TO WATER SKILLS *Helps participants feel comfortable in the water.*

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and back float
- Recover to vertical position from a front glide and back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS *Gives participants success with fundamental skills.*

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and back float
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

LEVEL 3: STROKE DEVELOPMENT *Builds on the skills in Level 2 through additional guided practice in deeper waters.*

- Enter water by jumping from the side
- Headfirst entry from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Push off in a streamlined position then begin flutter and dolphin kicks on front
- Front crawl and elementary backstroke
- Scissors kick
- Reach or throw, don't go
- Think twice before going near cold water or ice
- Look before you leap

LEVEL 4: STROKE IMPROVEMENT *Develops confidence in the skills learned and improves other aquatic skills.*

- Headfirst entry from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Push off in a streamlined position then begin flutter and dolphin kicks on back
- Reach or throw, don't go
- Recreational water illnesses
- Think so you don't sink
- Look before you leap

LEVEL 5: STROKE REFINEMENT *Provides further coordination and refinement of strokes.*

- Shallow-angle dive from the side
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives
- Front flip turn and backstroke flip turn while swimming
- Tread water
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Standard scull
- How to call for help and the importance of knowing first aid and CPR
- Recreational water illnesses
- Reach or throw, don't go
- Look before you leap
- Think so you don't sink
- Think twice before going near cold water or ice
- Wave, tide or ride, follow the guide

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with "menu" options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving. Options include—

- Personal Water Safety.
- Fitness Swimmer.
- Fundamentals of Diving.

The American Red Cross offers a comprehensive, developmentally appropriate swimming and water safety program that teaches you, your child or other family members how to swim skillfully and safely, and think and act safely in, on and around the water. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites.



American Red Cross

Swimming and Water Safety Skills Chart

Baby and Me Aquatics

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.



LEVEL 1 *Introduces basic skills to parents and children, including safety topics.*

- Getting wet with toys and kicking
- Enter water by lifting in and walking in
- Out-of-water and in-water exploration
- Exit water by lifting out and walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front and back floats and glides
- Roll from front to back and back to front
- Passing from instructor to parent
- Leg actions on front and back
- The importance of wearing a life jacket
- How to call for help and the importance of knowing first aid and CPR
- Basic water safety rules
- General water safety around the home
- Recreational water illnesses
- Sun safety

LEVEL 2 *Builds on the skills introduced in Level 1, with participants improving these skills and learning more advanced skills.*

- Enter water in a seated position and by rolling over from a seated position and sliding in
- Enter water by stepping in, jumping in and using a ladder or stairs
- Exploring the pool (in shallow water)
- Using the side of the pool and a ladder to exit
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Bobbing
- Front and back floats and glides
- Front glide to the wall
- Roll from front to back and back to front
- Passing between adults
- Drafting with breathing
- Alternating or simultaneous leg actions on front and back
- Alternating or simultaneous arm actions on front and back
- Combined arm and leg actions on front with breathing
- Combined arm and leg actions on back
- Wearing a life jacket in the water
- Reaching assists
- Basic water safety rules review
- Safety at the beach and at the waterpark
- Water toys and their limitations

Aqua Tots

Gives young children about ages 3-5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.



LEVEL 1 *Helps participants feel comfortable in the water and enjoy the water safely.*

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Back glide
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

LEVEL 2 *Builds on the skills learned in Level 1 and gives participants success with fundamental skills, such as floating and basic locomotion.*

- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

LEVEL 3 *Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.*

- Enter water by jumping in
- Fully submerging and holding breath
- Bobbing
- Front, jellyfish and tuck floats
- Back float and glide
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

Alameda Summer 2022 Weekdays

Emma Hood Swim Center (EH)

TIME	Private Lessons R \$120 NR \$140	Semi-Private R \$100 NR \$120	Group R \$40 NR \$48
9- 9:30	all levels/all ages	Level 2+3	Lvl 1 Lvl 4-6
9:35- 10:05	all levels/all ages	Level 1+2	Lvl 3 Lvl 4
10:10-10:40	all levels/all ages	Level 2+3	Lvl 1 Lvl 4-6
10:45-11:15	all levels/all ages	Level 3	Lvl 2 Lvl 4-6
11:20-11:50	all levels/all ages	Level 3+4	Lvl 1-2
12-12:30	Staff Break		Baby & Me
12:45- 1:15	all levels/all ages	Level 1+2	Lvl 3 Lvl 4
1:20- 1:50	all levels/all ages	Level 2+3	Lvl 1 Lvl 4-6
1:55- 2:25	all levels/all ages	Level 1+2	Lvl 3 Lvl 4
2:30- 3	all levels/all ages	Level 3	Lvl 2 Lvl 4-6
3:05- 3:35	all levels/all ages	Level 2+3	Lvl 1 Lvl 4-6

Encinal Swim Center (ESC)

TIME	Private Lessons R \$120 NR \$140	Semi-Private R \$100 NR \$120
9- 9:30	Tiny Tots	Tiny Tots
9:35- 10:05	Tiny Tots	Tiny Tots
10:10-10:40	Tiny Tots	Tiny Tots
10:45-11:15	Tiny Tots	Tiny Tots
11:20-11:50	Tiny Tots	Tiny Tots
Break		
12:45- 1:15	Tiny Tots	Tiny Tots
1:20- 1:50	Tiny Tots	Tiny Tots
1:55- 2:25	Tiny Tots	Tiny Tots
2:30- 3	Tiny Tots	Tiny Tots
3:05- 3:35	Tiny Tots	Tiny Tots
3:40- 4:10	Tiny Tots	Tiny Tots
4:15-4:45	Tiny Tots	Tiny Tots
4:50-5:20	Tiny Tots	Tiny Tots
5:25-5:55	Tiny Tots	Tiny Tots
6-6:30	Tiny Tots	Tiny Tots
6:35-7:05	Tiny Tots	Tiny Tots

Both Pools

Session	
1	6/20-6/23
2	6/27-6/30
3	7/5-7/8
4	7/11-7/14
5	7/18-7/21
6	7/25-7/28
7	8/1-8/4