

WHAT SWIMMING CLASS SHOULD MY CHILD BE IN?

Infant: 6 - 18 months. Parents go in the water with the child. All abilities/skills are reviewed with parents.

Toddler: 19 - 36 months. Parents go in the water with the child. All abilities/skills are reviewed with parents.

Pre-school levels. (Swimmer must be at least 3 years old and no older than 4 years old)

As of 6/09 there are two levels of Preschool ... Basic and Advanced.

Parents do not get in the water for either one and we use a platform or ramp so the children can stand during class. Please bring your child in during an Open Swim for a free pre-test if you have not been in one of these new classes. It is critical these young children are placed in the proper level. If your child can not perform the minimum entrance requirements they will be removed from the class and either moved to the proper level (if room) or removed from the class with an 80% refund.

To enter into Basic Preschool: (Swimmers must be aged 3 or 4)

NO entrance requirements. Swimmers may be nervous, timid, or afraid of the water or they may be able to put their face or head underwater for a couple seconds. Goals of this class are to get them to place their head underwater for 5 seconds AND be able to walk, hop or paddle for 10 feet in shoulder-deep water without being nervous. Teaching methods are geared for a young age regardless of the child's swimming ability. 6 students maximum per class.

To enter into Advanced Beginner: (Swimmers must be ages 3 or 4)

Swimmers must be able to totally self-submerge (mouth/nose/eyes) for about 5 seconds and can walk, hop (or paddle) 10 feet unassisted in shoulder-deep water. Skills being reviewed and perfected are bubble blowing/bobbing, jumping into pool, front and back floats, front and back crawl, front and back kick, rhythmic breathing, etc. 6 students maximum per class.

To enter into LEVEL 1: (Swimmer must be at least 5 years old):

This is a basic level class for children who have difficulty putting their head and face underwater for more than 1 or 2 seconds and may be nervous in neck-deep water. Class emphasis is on the student's safety, becoming comfortable in water and introducing movement through the water. Bubble blowing, bobbing 5 times to chin level, floating on front with support for 3 seconds, rolling on back (w/assistance), floating for 3 seconds, and fully submerging face and head will be taught. We assume all children are used to following instructions in a group setting.

To enter into LEVEL 2:

The swimmer must be comfortable submerging their face and head for more than 3 seconds. This class is designed for the beginner swimmer who is ready to learn the basics skills of stepping from side of pool into chest deep water, floating on back and front, gliding, and swimming using a combination of arm and leg actions in the front and back positions for approx. 15 feet.

To enter into LEVEL 3:

They must be capable of jumping into **DEEP WATER unassisted** and swimming back to the edge. The swimmer should be able to float on front and back for 5 seconds and return to vertical position. The swimmer must also be able to glide off wall and swim the front crawl and any stroke on the back for 15 feet using a combination of arm and leg actions. Level 3 refines the front crawl and introduces the Elementary Backstroke and Sidestroke.

To enter into LEVEL 4:

This class is for the swimmer who can display front crawl with alternating overhand stroke with rhythmic breathing (to front or side) and Elementary Backstroke for 15 yards in deep water, and maintain position by treading water for 30 seconds. Students should be familiar with the scissors kick and can do a headfirst dive from a kneeling position. Majority of class time is conducted in deep water.

TO ENTER INTO LEVEL 5:

This class is for the swimmer who can display the front crawl w/ rotary breathing for 25 yards Elementary Backstroke with proper kick for 25 yards Backstroke, Sidestroke and Breaststroke for 15 yards in proper Level 4 form and a headfirst dive from a stride position.

TO ENTER INTO LEVEL 6:

Swimmers must have passed Red Cross Level 5 or taken pre-test at the pool. Each participant should be able to swim at least 50 yards (2 lengths) of freestyle (crawl) and backstroke with good form without becoming fatigued. Breaststroke (arms & legs) should be coordinated with both feet and ankles properly flexed, Swimmers should also know scissors kick and butterfly kick.

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