

Class	Goals	Prerequisites
Learn-to-Swim Level 1: Introduction to Water Skills	<ul style="list-style-type: none"> Familiarize young children with the aquatic environment and help children to develop fundamental aquatic skills Help cultivate positive attitudes and safe practices in and around water 	<ul style="list-style-type: none"> Able to swim short distances independently without flotation devices Passed Preschool Level 3 OR posses core skills presented in Preschool Level 3
Learn-to-Swim Level 2: Fundamental Aquatic Skills	<ul style="list-style-type: none"> Build on the aquatic and water safety skills learned in Learn-to-swim 1 	<ul style="list-style-type: none"> Successful completion of Learn-to-Swim Level 1 evaluation OR posses core skills presented in Learn-to-swim 1
Learn-to-Swim Level 3: Stroke Development	<ul style="list-style-type: none"> Build on aquatic and water safety skills learned in Learn-to-swim 2. Introducing competitive swimming strokes 	<ul style="list-style-type: none"> Successful completion of Learn-to-Swim Level 2 evaluation OR posses core skills presented in Learn-to-swim 2
Learn-to-Swim Level 4: Stroke Improvement	<ul style="list-style-type: none"> Improve upon participants' proficiency of competitive swimming strokes introduced in Learn-to-swim 3 	<ul style="list-style-type: none"> Successful completion of Learn-to-Swim Level 3 evaluation OR posses core skills presented in Learn-to-swim 3
Learn-to-Swim Level 5: Stroke Refinement	<ul style="list-style-type: none"> Aide swimmers in refining their swimming strokes 	<ul style="list-style-type: none"> Successful completion of Learn-to-Swim Level 4 evaluation OR posses core skills presented in Learn-to-swim 4
Learn-to-Swim Level 6: Swimming and Skill Proficiency-Fitness Swimmer	<ul style="list-style-type: none"> Refine strokes competitive swimming strokes and gain ability to swim longer distances 	<ul style="list-style-type: none"> Successful completion of Learn-to-Swim Level 5 evaluation OR posses core skills presented in Learn-to-swim 5
Learning Objectives		
<ul style="list-style-type: none"> See Skills Chart (below) 		
Length		
<ul style="list-style-type: none"> Learn-to-Swim classes consist of eight 40-minute sessions of water instructions. 		
Price		
<ul style="list-style-type: none"> Price varies by residency. Please see the prices section on the home page of Swimdover.org under the swimming lessons tab. Dover Area School District employees, please be sure to contact daacswimlessons@gmail.com to learn about pricing for district employees. 		

Participant Materials
<ul style="list-style-type: none"> All materials needs related to swim lessons are provided by DAAC including flotation devices, toys, and learning related equipment. Personal items such as towels, swimsuits, shampoo, etc., are not provided. Goggles are not required, but will assist greatly in a swimmers comfort and success in the water.

Learn-to-Swim Skill

- Learn-to-Swim 1 skills may be performed with some assistance

Learn-to-Swim Level 1: Introduction to Aquatic Skills	Learn-to-Swim Level 2: Fundamental Aquatic Skills
Water Variation, Entry, Exit	
<ul style="list-style-type: none"> Enter water using steps or side Exit water using ladder or side 	<ul style="list-style-type: none"> Enter by stepping or jumping into water Exit using ladder or side
Breath Control	
<ul style="list-style-type: none"> Blow bubbles, 3 seconds Bobbing, 5 times Open eyes underwater and retrieve submerged objects in shallow water 	<ul style="list-style-type: none"> Fully submerge and hold breath, 10 seconds Open eyes underwater and retrieve submerged object in chest-deep water Rotary (bi-lateral) breathing, 5 times
Skills on Front	
<ul style="list-style-type: none"> Front glide, 2 body lengths Recover from front glide Alternating leg action, 2 body lengths Simultaneous leg action, 2 body lengths Alternating arm action, 2 body lengths Simultaneous arm action, 2 body lengths Combined arm and leg actions on front, 2 body lengths 	<ul style="list-style-type: none"> Front glide, 2 body lengths Floating in front position <ul style="list-style-type: none"> ○ Front float ○ Jellyfish float ○ Tuck float Recover from front glide/float to vertical position Combined arm and leg action on front, 5 body lengths
Skills on Back	
<ul style="list-style-type: none"> Back glide Back float Recover from back glide/float to vertical position Alternating leg action, 2 body lengths Simultaneous leg action, 2 body lengths Alternating arm action, 2 body lengths Simultaneous arm action, 2 body lengths Combined arm and leg actions on back, 2 body lengths 	<ul style="list-style-type: none"> Back glide, 2 body lengths Back float, 15 seconds Recover from back glide/float to vertical position Finning arm action on back, 5 body lengths Combined arm and leg action on back, 5 body lengths

Body Position	
<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Treading water 	<ul style="list-style-type: none"> • Roll from front to back • Roll from back to front • Changing directions of travel while swimming on front or back • Treading water, 15 seconds
Water Safety	
<ul style="list-style-type: none"> • Staying safe around water • 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 	<ul style="list-style-type: none"> • Staying safe around water • 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
Water Safety	
<ol style="list-style-type: none"> 1. Enter independently, using either the ramp, steps or side, travel at least 5 yards, bob 5 times, then safely exit the water. 2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds, then recover to a vertical position. 	<ol style="list-style-type: none"> 1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.
Learn-to-Swim Level 3: Introduction to Aquatic Skills	Learn-to-Swim Level 4: Fundamental Aquatic Skills
Water Variation, Entry, Exit	
<ul style="list-style-type: none"> • Enter water by jumping from the side, fully submerge, then recover to the surface and return to the side • Headfirst entry from the side in a sitting and kneeling position 	<ul style="list-style-type: none"> • Headfirst entry from the side in a compact position • Headfirst entry from the side in a stride position
Breath Control	
<ul style="list-style-type: none"> • Bobbing while moving towards safety, 15 times • Rotary breathing, 15 times 	<ul style="list-style-type: none"> • Swim underwater, 3 to 5 body lengths
Skills on Front	
<ul style="list-style-type: none"> • Push off in a streamlined position, 	<ul style="list-style-type: none"> • Front crawl, 25 yards

<p>then begin flutter kicking, 3 to 5 body lengths</p> <ul style="list-style-type: none"> • Push off in a streamlined position, then begin dolphin kicking • Front crawl, 15 yards • Breaststroke kick, 15 yards 	<ul style="list-style-type: none"> • Breaststroke, 15 yards • Butterfly, 15 yards
<p>Skills on Back</p>	
<ul style="list-style-type: none"> • Elementary backstroke, 15 yards • Scissors kick, 15 yards 	<ul style="list-style-type: none"> • Push off in a streamlined position and begin flutter kicking, 3 to 5 body lengths • Push off in a streamlined position and begin dolphin kicking, 3 to 5 body lengths • Elementary backstroke, 25 yards • Back crawl, 15 yards • Side stroke, 15 yards
<p>Body Position</p>	
<ul style="list-style-type: none"> • Change from vertical to horizontal position on front • Change from vertical to horizontal position on back • While in a vertical position, rotate one full turn • Tread water, 1 minute 	<ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Tread water using 2 different kicks, 2 minutes
<p>Water Safety</p>	
<ul style="list-style-type: none"> • Reach or Throw, Don't Go • Think twice before going near cold water or ice • Look before you leap • Developing breath control safety • Making good decisions-choosing an exit point 	<ul style="list-style-type: none"> • Reach or Throw, Don't Go • Recreational water illnesses • Think so you don't sink • Look before you leap
<p>Exit Skills Assessment</p>	
<ol style="list-style-type: none"> 1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the 	<ol style="list-style-type: none"> 1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards 3. Submerge and swim a distance of 3 to 5 body lengths underwater, return to the surface, then exit the water.

water.	
Learn-to-Swim Level 5: Introduction to Aquatic Skills	Learn-to-Swim Level 6: Fundamental Aquatic Skills
Swim on Front, Back, and Side	
<ul style="list-style-type: none"> • Front crawl, 50 yards • Breaststroke, 25 yards • Butterfly, 25 yards • Elementary backstroke, 50 yards • Back crawl, 25 yards • Standard (back) scull, 30 seconds • Sidestroke, 25 yards 	<ul style="list-style-type: none"> • Front crawl, 100 yards • Elementary backstroke, 100 yards • Back crawl, 50 yards • Breaststroke, 50 yards • Sidestroke, 50 yards • Butterfly, 50 yards
Turns	
<ul style="list-style-type: none"> • Front slip turn while swimming • Backstroke flip turn while swimming 	<ul style="list-style-type: none"> • Front crawl open turn • Back crawl open turn • Front flip turn • Backstroke flip turn • Sidestroke open turn • Butterfly turn • Breaststroke turn
Specialty Knowledge	
<ul style="list-style-type: none"> • Shallow-angle dive from the side • Shallow-angle dive, glide 2 to 3 body lengths and begin any front stroke • Tuck surface dive • Pike surface dive • Tread water, 5 minutes • Tread water, using legs only, 2 minutes 	<ul style="list-style-type: none"> • Surface dive and retrieve an object from the bottom • Circle swimming • Using a pace clock • Swimming using equipment, 25 yards • Pull buoys • Fins • Paddles • Calculate target heart rate • Demonstrate aquatic exercise
Water Safety	
<ul style="list-style-type: none"> • 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 	<ul style="list-style-type: none"> • Look before you leap • Know about boating before you go floating • Think so you don't sink • Swim as a pair near a lifeguard's chair • The danger of drains • The dangers of hyperventilation and extended breath-holding
Exit Skills Assessment	
<ol style="list-style-type: none"> 1. Perform a shallow-angle dive into deep water, swim front crawl for 50 	<ol style="list-style-type: none"> 1. Swim 500 yards continuously using any 3 strokes, swimming at least 50

<p>yards, then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout</p> <p>2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout</p>	<p>yards of each stroke</p> <p>2. Perform the cooper 12 minute swim test and compare results with the pre-assessment results</p>
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