

Klahanie Association – Aquatics Department

Swim Lesson Program – 2018

*Please review each level, as Klahanie's swim program has been revised to offer a more comprehensive, streamlined program for residents.

Parent Child Class: Ages 6 months – 3 years (parent/adult in water with child)

Preschool Classes: Ages 3 – 5 years

Beginner, Intermediate, & Advanced Classes: Ages 6+ years

Adult Classes: 18+ years

Parent Child

Ages: 6 months – 3 years

Prerequisite: parent or adult must accompany child in the water

Course Objectives:

- Enter/exit water safely (with or without assistance)
- Blow bubbles on surface of water
- Explore submerging mouth, nose & face
- Intro to front and back floats
- Intro to front and back kicks
- Intro to alternating arm action
- Intro to scoops
- Intro to kicks on front and back
- Jump in from side with help

Preschool I

Ages: 3 – 5 years

Prerequisite: none

Course Objectives:

- Blow bubbles 5 seconds
- Fully under water 3 seconds
- 10 second assisted front float
- 10 second assisted back float
- Front float to standing recovery
- Assisted front to back float transition
- Assisted front kick
- Assisted back kick
- Intro to bobbing
- Intro to dog paddle
- Intro to front crawl
- Intro to backstroke

Preschool II

Ages: 3 – 5 years

Prerequisite: Demonstration of Preschool I course objectives

Course Objectives:

- Blow bubbles 10 seconds
- 10 independent bobs – fully submerged
- 10 second independent front float
- 10 second independent back float
- Independent front to back float transition
- 5m dog paddle w/ bobbing
- 5m front crawl
- 5m assisted, relaxed backstroke
- 5m front kick
- 5m back kick

Preschool III

Ages: 3 – 5 years

Prerequisite: Demonstration of Preschool II course objectives

Course Objectives:

- Front missile push-off to float
- Back missile push-off to float
- 10m front crawl
- 10m backstroke
- 10m dog paddle w/ bobbing
- Deep water bobbing
- Deep water front and back floating
- Retrieve objects from bottom of pool

Beginner I

Ages: 6+ years

Prerequisite: none

Course Objectives:

- 10 sec assisted front float
- 10 sec assisted back float
- Front float to standing recovery
- Back float recovery to standing
- Bobbing
- Blow bubbles 10 seconds – breath control
- Intro to dog paddle
- Intro to front crawl
- Intro to backstroke
- Assisted front kick
- Assisted back kick

**** Swimmers who graduate Preschool III will move to Beginner II. This transition will take *time* – the prerequisites are difficult and the swimmers will be encouraged and challenged to reach these goals**

Beginner II

Ages: 6+ years

Prerequisite: Demonstration of Beginner I or Preschool III course objectives

Course Objectives:

- 10m dog paddle w/ bobbing
- 10 sec independent front float and recovery
- 10 sec independent back float and recovery
- Front missile push-off and 3 sec. float, kick one width
- Back missile push-off and surface
- 10m front crawl w/ bobbing
- Intro to side breathing
- Intro to deep water bobs
- Intro to backstroke
- Intro to elementary backstroke

Beginner III

Ages: 6+ years

Prerequisite: Demonstration of Beginner II course objectives

Course Objectives:

- Front arrow push-off w/ 3 sec float, kick two widths
- Back missile push-off to 3 sec. float, kick one width
- 15m front crawl w/ side breathing
- 10m backstroke
- 10m elementary backstroke
- Front and back float in deep water
- Intro to front and back sculling
- Intro to treading water
- 10 deep water bobs

Beginner IV

Ages: 6+ years

Prerequisite: Demonstration of Beginner III course objectives

Course Objectives:

- 25m front crawl w/ side breathing
- 15m backstroke
- 15m elementary backstroke
- 15m back scull w/ break
- 15m front scull w/ break
- 15 sec tread water
- Intro to breaststroke kick w/ sculling
- 15m underwater swim

Intermediate I

Ages: 6+ years

Prerequisite: Demonstration of Beginner IV course objectives

Course Objectives:

- 50m front crawl w/ side breathing
- 50m backstroke
- 25m elementary backstroke
- 30 sec tread water
- 15m front scull
- 15m back scull
- 10 sec back float in deep water
- 15m breaststroke kick
- Intro to breaststroke arms
- 15m underwater swim

Intermediate II

Ages: 6+ years

Prerequisite: Demonstration of Intermediate I course objectives

Course Objectives:

- 100m front crawl
- 100m backstroke
- 50m elementary backstroke
- 60 sec tread water
- 25m breaststroke
- Intro to butterfly
- Intro to flip turns
- 2 minute survival float
- 2 minute tread water – minimal kick

Advanced

Ages: 6+ years

Prerequisite: Demonstration of Intermediate II course objectives

Course Objectives:

- 200m front crawl w/ flip turns
- 200m backstroke w/ flip turns
- 50m breaststroke
- 25m butterfly
- 5 min survival float
- 3 min tread water – minimal kick
- 25m front sculling – minimal kick
- 25m back sculling – minimal kick
- 500m continuous swim, completed within 30 minutes

Adult I & II Classes

These classes are designed to help adults both with and without swimming experience feel more comfortable in the water. We will work to help adults both conquer their fear of water and refine their technique. When adults finish the course, we hope they take away a better understanding of the basic strokes, have the ability

to get themselves to the side and out of the pool safely, and feel confident enough to get in the pool without an instructor present, whether just to relax, play with their kids, or swim laps.

Adult I Class

Ages: 18+

Prerequisite: none; no water experience needed

Course Objectives:

- Reviewing safety rules
- Entering and exiting the pool safely
- Getting comfortable with face in the water
- Blowing bubbles/practicing breathing
- Holding breath underwater without holding nose
- Floating on front and back (assisted or unassisted)
- Underwater push-offs and arrow/streamline
- Flutter kick in arrow and with board
- Coordinating basic arm and leg movement
- Introduction to treading water
- Practice staying afloat in shallow and deep water
- Introduction to front and back stroke
- Introduction to elementary backstroke
- Introduction to head-up and head-down breaststroke

Adult II Class

Ages: 18+

Prerequisite: able to swim unsupported in shallow water across the width of the pool

Course Objectives:

- Breathing practice
- Underwater push-offs and arrow
- Sustained treading water in deep water
- Front stroke (freestyle) practice
- Backstroke practice
- Elementary backstroke
- Practice swimming in deeper water
- Head-up and head-down breaststroke
- Basics of open turns and when to use them
- Introduction to flipturns *
- Introduction to harmonics *
- Introduction to butterfly *

* If swimmers are at that point/feel comfortable, however not an essential part of the class