

# THE LONG CENTER: Learn to Swim Program

## Saving Children One Swim Lesson at a Time

Online registration  
at <https://webtrac.myclearwater.com/>

Online registration  
starts at 7:30 a.m.  
on registration days



**\$10 P/C classes, Level 1 & 2 • Level 3 & 4 adult classes, \$25 W/ Card, \$27 WO/ Card**

### MON./WED. CLASSES

11-11:30 a.m.

Level 1; Level 2  
Parent/Child 1 (6-18 months)

Noon-12:30 p.m.

Level 1; Level 2  
Parent/Child 2 (19-36 months)

4:30 to 5 p.m.

Level 1; Level 2; Level 3  
Parent/Child 1 (6 - 18 months)  
Parent/Child 2 (19 - 36 months)

5:15 to 5:45 p.m.

Level 1; Level 2; Level 3  
Parent/Child 1 (6 - 18 months)  
Parent/Child 2 (19 - 36 months)

6 to 6:30 p.m.

Level 1; Level 2; Level 3;  
Parent/Child 1 (6-18 months)

6:45 to 7:15 p.m.

Level 1; Level 2; Level 3 , Level 4

7:30 to 8 p.m.

**Adult classes**

### TUES./THUR. CLASSES

11-11:30 a.m.

Level 1; Level 2  
Parent/Child 1 (6-18 months)

Noon-12:30 p.m.

Level 1; Level 2  
Parent/Child 2 (19-36 months)

4:30 to 5 p.m.

Level 1; Level 2; Level 3  
Parent/Child 1 (6 - 18 months)  
Parent/Child 2 (19 - 36 months)

5:15 to 5:45 p.m.

Level 1; Level 2; Level 3  
Parent/Child 1 (6 - 18 months)  
Parent/Child 2 (19 - 36 months)

6 to 6:30 p.m.

Level 1; Level 2; Level 3;  
Parent/Child 2 (19 - 36 months)

6:45 to 7:15 p.m.

Level 1; Level 2; Level 3, Level 4

7:30 p.m. to 8 p.m.

**Adult classes**

### Session 5-5a, Registration April 23

Mon. & Wed., May 2-18  
Tue. & Thu., May 3 -19

### Summer Session 6-6a Registration May 21

Mon. & Wed., June 6-27  
(no class on June 20)  
Tue. & Thu., June 7-23

### Session 7-7a Registration June 25

Mon. & Wed., July 6-25  
(no class on July 4)  
Tue. & Thu., July 5-26  
(no class on July 21)

### Session 8-8a Registration Aug. 6

Mon. & Wed., Aug. 15-31  
Tue. & Thu. Aug. 16- Sept. 1

### Session 9-9a Registration Sept. 3

Mon. & Wed., Sept 12-28  
Tue. & Thu. Sept. 13-29

Thanks to a generous donation  
from The Long Center Foundation,  
all beginner Parent/Child, Level 1 &  
2 sessions will be \$10 for all  
children.

All Swim lesson sessions consist  
of 6 classes over three weeks.

Each class is 30 minutes  
in length.



For information on private lessons please call the Long Center at  
727-562-4905 EXT.5517 or email [Jillian.Sparks@myclearwater.com](mailto:Jillian.Sparks@myclearwater.com)

**LONG CENTER POOL**  
1501 North Belcher Road | Clearwater, FL 33765



## Skills taught in Learn-To-Swim

### LEVEL 1

#### Water Exploration (3 years +)

- Fully submerge face for 3 seconds.
- Experience buoyancy.
- Demonstrate breath control.
- Enter and exit water independently.
- Become familiar with alternating arm action.

### LEVEL 1

#### Exit Assessment

- Enter independently, travel at least 5 yards, bob 5 times, and then safely exit the water.
- Glide on front at least 2 body lengths, roll to back for 5 seconds, and recover to vertical position.

### LEVEL 2

#### Primary Skills

#### (Pass Level 1 & (3 years +)

- Retrieve object from under water.
- Explore deep water with support.
- Float on front and back 5 seconds.
- Demonstrate Rotary breathing.
- Demonstrate step-in entry & side exit.

### LEVEL 2

#### Exit Assessment

- Step from side into chest-deep water, push off the bottom, move into treading or floating position for 15 sec, swim on front and/or back 5 body lengths, and then exit the pool.
- Move into a back float for 15 sec, roll to front, and then recover to a vertical position.
- Push off and swim using combined arm & legs actions on front 5 body lengths, roll to back, float for 15 seconds, roll to front, and then continue swimming for 5 body lengths.

### LEVEL 3

#### Stroke Readiness

#### (Pass Level 2 & (6 years +)

- Dive from side in kneeling & compact positions.
- Demonstrate glide with push-off – front & back.
- Coordinate front & back crawl stroke.
- Demonstrate elementary backstroke
- Reverse directions swimming on front & back.

### PRESCHOOL LEVEL 3

#### Exit Assessment

- Jump into deep water, recover and tread water for 30 seconds, rotate one full turn to an exit point, level off, level off, swim front crawl for 15 yards.
- Swim 15 yards elementary backstroke.
- Push off in a streamlined position, then swim front crawl for 10 yards, change position and direction as necessary, swim elementary backstroke for 10 yards and then exit water.

### LEVEL 3

#### Exit Assessment

- Jump into deep water, recover and tread water for 1 minute, rotate one full turn to an exit point, level off, level off, swim front crawl for 25 yards.
- Swim 25 yards elementary backstroke.
- 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 and then exit the water.

## Water Safety Classes

### LEVEL 4

#### Stroke Development

#### (Pass Level 3 & (5 years +)

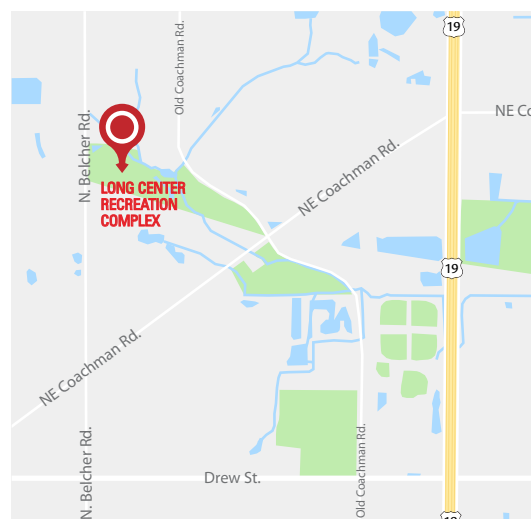
- Demonstrate deep water bobbing.
- Demonstrate rotary breathing.
- Dive from side of pool stride position.
- Dive from side of pool standing position.
- Build endurance with elementary backstroke.
- Front crawl, back crawl, at increasing distance.
- Learn the basics of turning at wall.
- Learn alternate kicks for treading water.
- Learn rescue-breathing techniques.
- Become familiar with CPR.
- Sculling

### LEVEL 4

#### Exit Assessment

- Feet first entry into deep water.
- Swim front crawl 25 yards.
- Swim elementary backstroke 25 yards.
- Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Long Center Pool  
1501 North Belcher Road  
Clearwater, FL 33765



For information on private lessons please call the Long Center at 727-562-4905 EXT. 5517 or email [Jillian.Sparks@myclearwater.com](mailto:Jillian.Sparks@myclearwater.com)