

# 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) v

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 1-1a Registration Dec. 18

Mon. & Wed., Jan. 10-31

(no class on Jan. 17)

Tue. & Thu., Jan. 11-27

### Session 2-2a Registration Jan. 29

Mon. & Wed., Feb. 7-March 2

(no class on Feb. 16, Feb. 21)

Tue. & Thu., Feb. 8-28

(no class on Feb. 17)

### Session 3-3a Registration Feb. 26

Mon. & Wed., March 7-23

Tue. & Thu., March 8-24

### Session 4-4a Registration March 26

Mon. & Wed., April 4-20

Tue. & Thu. April 5-21

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 +)

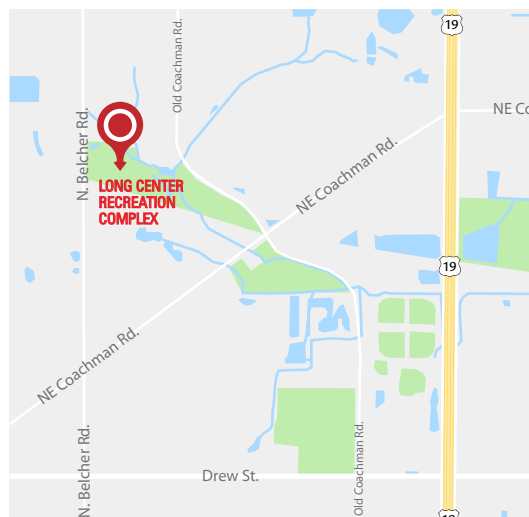
- Demonstrate deep water bobbing.
- Demonstrate rotary breathing.
- Dive from side of pool stride position.
- Dive from side of pool standing position.
- Build endurance with elementary backstroke.
- Front crawl, back crawl, at increasing distance.
- Learn the basics of turning at wall.
- Learn alternate 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.

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1501 North Belcher Road  
Clearwater, FL 33765



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