

Swim Lessons @ Memorial Pool

READ BEFORE REGISTERING FOR SWIM LESSONS!

Due to COVID restrictions our lifeguards will not be able to provide the “hands on” swim assistance that is typical of our classes. Because face coverings are not suitable for the water (face shields are not an approved face covering per Niagara County Health Department) our instructors are only able to provide instruction from a 6-foot distance. Our instructors will provide in-water demonstration of the skills and provide encouragement, verbal cues, and teaching points from a safe social distance.

What does this mean for you?

New or inexperienced swimmers as well as children in the 3-4 year old age group will need to have an accompanying adult in the pool to assist them during lessons. If you don't have an adult to accompany your child in the water, then please refrain from registering for swim class. Details for which groups require an accompanying adult are highlighted below.

LEVEL 1-3 Swimmers & ALL 3&4 Year Olds ADULT MUST ACCOMPANY THE CHILD IN THE WATER

All swimmers in level 1-3 will be required to have an accompanying, able-swimming, adult in the pool to assist the child as a “swim buddy”.

The swim buddy provides hands on assistance with the techniques as directed by the instructor, ensuring the child can safely learn to float, and swim as they work towards becoming an independent swimmer.

Level 4-6 Swimmers NO ADULT REQUIRED IN THE WATER

Children participating in lessons at levels 4-6 will not need an accompanying adult as they've demonstrated a skills set that establishes them as an independent swimmer.

How do I know what swim level my child is?

Each child will undergo a swim evaluation on the first day of class. Their level placement will be based on which level they can successfully complete all the necessary swim criteria. (see description of each level criteria on next page)

How do I register for swim lesson?

Online registration at www.ntparksrec.com

Have additional questions? Contact:

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Swim Level Criteria

Level 1 (Ages 5-10)

- Blow bubbles through mouth & nose (3 seconds)
- Bobbing (3 times)
- Opening eyes under water and retrieving submerged objects, (2 times in shallow water)
- Front glide (2 body lengths)
- Recover from a front glide to vertical position
- Back glide (2 body lengths)
- Back float, 3 seconds
- Recover from back float to a vertical position
- Roll from front to back (and vice versa)
- Treading using arm and hand actions (chest deep water)
- Alternating leg action on front (2 body lengths)
- Simultaneous leg action on front (2 body lengths)
- Alternating arm action on front (2 body lengths)
- Simultaneous arm action on front (2 body lengths)
- Combined arm and leg actions on front (2 lengths)
- Alternating leg action on back (2 body lengths)
- Simultaneous arm action on back (2 body lengths)
- Combined arm and leg actions on back (2 lengths)

Exit Skills Assessment:

Enter water independently, travel at least 5 yards, bob 3 times and safely exit the water.

Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to vertical position. (This part can be performed with support)

Level 2 (Ages 5-10)

- Fully submerging and holding breath (5 seconds)
- Bobbing, 5 times (chest deep water)
- Opening eyes under water and retrieving submerged objects, 2 times
- Front float (5 seconds)
- Jellyfish float (5 seconds)
- Tuck float (5 seconds)
- Front glide (2 body lengths)
- Recover from a front float to vertical position
- Back float (15 seconds)
- Back glide (2 body lengths)
- Recover from back float to vertical position
- Roll from front to back (and vice versa)
- Change direction of travel while swimming
- Treading using arm and leg actions (15 seconds)
- Combined arm and leg actions on front
- Finning arm action on back (5 body lengths)
- Combined arm and leg actions on back

Exit Skills Assessment:

Step into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds and return to vertical position.

Move into a back float for 5 seconds, roll to front then recover to a vertical position.

push off and swim using arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming for 5 body lengths.

Level 3 (Ages 5-10)

- Enter water by jumping from side
- Headfirst entry from the side in a sitting position
- Headfirst entry from the side in a kneeling position
- Bobbing while moving toward safety (5 times)
- Front glide (2 body lengths)
- Rotary breathing (10 times)
- Survival float on front (30 seconds)
- Back float (30 seconds)
- Change from vertical to horizontal position on front
- Change from vertical to horizontal position on back
- Tread water (30 seconds)
- Push off in a streamlined position on front then begin flutter kicking (3-5 lengths)
- Push off in a streamlined position on front then begin dolphin kicking (3-5 lengths)
- Front crawl (15 yards)
- Elementary backstroke (15 yards)
- Scissors kick (10 yards)

Exit Skills Assessment:

Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4 (Ages 5-10)

- Headfirst entry from the side in a compact position.
- Headfirst entry from the side in a stride position
- Swim underwater (3-5 body lengths)
- Feetfirst surface dive (submerging completely)
- Survival swimming (30 seconds)
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (2 minutes)
- Front crawl (25 yards)
- Backstroke (15 yards)
- Butterfly (15 yards)
- Push off in a streamlined position on back and begin flutter kicking (3-5 body lengths)
- Push off in a streamlined position on back and begin dolphin kicking (3-5 body lengths)
- Elementary backstroke (25 yards)
- Back crawl (15 yards)
- Sidestroke (15 yards)

Exit Skills Assessment:

Perform feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.

Swim breaststroke for 15 yards change direction and position as necessary and swim back crawl for 15 yards

Level 5 (Ages 5-10)

- Shallow-angle dive from side
- Shallow-angle dive, glide 2 body lengths and begin front stroke
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water (5 minutes)
- Front crawl (50 yards)
- Breaststroke (25 yards)
- Butterfly (25 yards)
- Elementary backstroke (50 yards)
- Back crawl (25 yards)
- Standard scull (30 seconds)
- Sidestroke (25 yards)

Exit Skills Assessment:

Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.

Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.