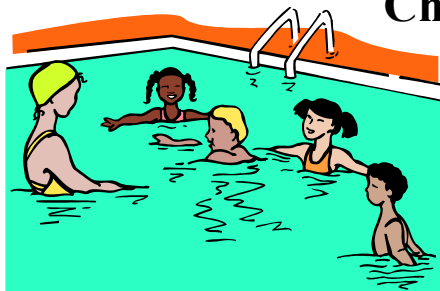


Chisago school district swim pool

swimming lesson class descriptions



Skills listed are EXIT skills for the class.

Classes are progressive & skill outcomes must be mastered before progressing to the next level

LESSON AGE GROUPING

Tadpoles (3 yr. old w/out parent)

Squirts (4-5 yr. old w/out parent)

Youth (6 yrs & older)

age as of the first day of class

Preschool classes skill exit outcomes

Tadpole level 1

(3 yr olds)

Must have recommendation of Tadpole 1 instructor taught 100% in wading pool

1. Adjusting to instructor led activities.
2. Introduction of basic swimming skills.
3. Play time & enjoyment of the water.
4. Submerging & breath holding , 3 seconds.
5. Back float with teacher assistance, 5 seconds.
6. Must have recommendation Tad. 1 instructor
7. Safety skills



Squirts level 2

(4 & 5 yr olds)

basic skills & introduction of main pool taught 75% in the wading pool & 25% in the main pool

1. Submerging & breath holding, 5 seconds.
2. Rhythmic bobbing, 5 times.
3. Front glide & flutter kick w/ float belt, 10 ft.
4. Front float with float belt, 5 seconds.
5. Jump into water.
6. Safety skills.



Tadpole level 2

(3 yr olds)

Must have recommendation of Tadpole 2 instructor taught 100% in wading pool

1. Adjusting to class & group setting.
2. Submerging & breath holding , 3 seconds.
3. Rhythmic bobbing, 3 - 5 times.
4. Back float with float belt, 5 seconds.
5. Back glide & flutter kick w/ float belt, 10 ft.
6. Safety skills.
7. Must have recommendation Tad. 1 instructor

Squirts level 3

(4 & 5 yr olds)

independence in water taught 25% in the wading pool & 75% main pool

1. Submerging & breath holding, 8 seconds.
2. Rhythmic bobbing, 8 times.
3. Independent front float.
4. Independent back float.
5. Beginner stroke w/ float belt, 10 ft.
6. Back swimming w/ float belt, 10 ft.
7. Jump unassisted into water.
8. Safety skills.



Squirts level 1

(4 & 5 yr olds)

ENTRY LEVEL CLASS introductory skills

taught 100% in wading pool

1. Adjusting to class & group setting.
2. Submerging & breath holding , 3 seconds.
3. Rhythmic bobbing , 3 - 5 times.
4. Back float with float belt, 5 seconds.
5. Back glide & flutter kick w/ float belt, 10 ft.
6. Safety skills.



Squirts level 4

(4 & 5 yr olds)

coordination & basic skills proficiency taught 100% in the main pool

1. Adjusting to class setting.
2. Submerging & breath holding, 8 seconds.
3. Rhythmic bobbing, 5 times.
4. Front glide & flutter kick, 10 ft.
5. Back glide & flutter kick, 10 ft.
6. Introduction of beginner stroke, 10 ft.
7. Introduction of back swimming, 10 ft.
8. Jump from side.
10. Safety skills.



*Skills listed are EXIT skills for the class.
Classes are progressive & skill outcomes must be mastered before progressing to the next level*

Youth classes skill exit outcomes



Youth level 1 (6 yrs & older)

ENTRY LEVEL CLASS shallow water class

1. Adjusting to class setting.
2. Submerging & breath holding, 8 seconds.
3. Rhythmic bobbing, 5 times.
4. Front glide & flutter kick, 10 ft.
5. Back glide & flutter kick, 10 ft.
6. Introduction of beginner stroke, 10 ft.
7. Introduction of back swimming, 10 ft.
8. Jump from side.
9. Safety skills.



Youth level 5 deep water class

1. Front crawl, 25 yds.
2. Back crawl, 50 yards
3. Sidestroke, 25 yards.
4. Elementary backstroke, 15 yards.
5. Breaststroke, 15 yards
6. Back float, deep water, 2 minutes.
7. Survival float, deep water, 2 minutes.
6. Open front & back turns.
9. Tread water, 1 minute.
10. Swim underwater, 3 body lengths.
11. Feet first & head first surface dives.
12. Front dive from side.
13. Retrieve object from bottom, deep water
14. Non swimming rescues
15. Safety skills & advanced P.F.D use.



Youth level 3

introduction & increase comfort in deep water taught in shallow & middle sections

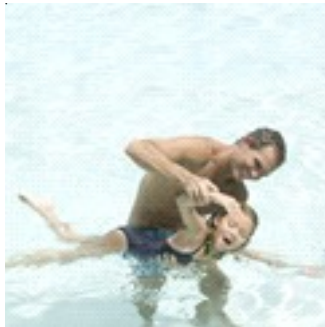
1. Front crawl w/rotary breathing, 15 yds.
2. Winging on back, 25 yards.
3. Introduction of backcrawl, 15 yards.
4. Level of and swim.
5. Retrieve object from bottom, middle section.
6. Supine or Prone float, 1 minute.
7. Treading water, 30 seconds.
8. Turning over.
9. Diving introduction.
10. P.F.D. use & safety skills.



Youth level 2 (6 yrs & older)

shallow water class

1. Submerging & breath holding, 10 seconds.
2. Rhythmic bobbing, 8 times.
3. Front crawl, 10 yards.
4. Winging, 10 yards.
5. Turning over in shallow water.
6. Retrieve object from bottom, shallow section.
7. Jump from side.
8. Safety skills.



Youth level 6 deep water class

1. Front crawl, 50 yards.
2. Backcrawl, 50 yards
3. Sidestroke, 50 yards.
4. Elementary Backstroke, 25 yards.
5. Breast stroke, 25 yards.
6. Butterfly, 15 yards
7. Tread water, 2 minutes.
8. Survival float, 2 minutes.
9. Back float, 2 minutes.
10. Swim underwater, 10 yards.
11. Front & back flip turns.
12. Demonstration of rescue breathing.
13. Front dive from diving board.
14. Non swimming rescues
15. Safety skills & advanced P.F.D use.



Youth level 4

basic skills proficiency in deep water taught in middle & deep sections

1. Front crawl w/ rotary breathing 25 yards.
2. Back crawl, 25 yds.
3. Sidestroke, 25 yards
4. Leveling off & swimming on front & back 15 yds.
5. Treading water, 45 seconds
6. Survival float & back float, deep water, 1 minute.
7. deep water bobs 10 times
8. Retrieve object from bottom, deeper water
9. Jump from diving board
10. Diving safety & kneel dive.
11. P.F.D. use - HELP & HUDDLE
12. Safety skills.

