

# Learn to Swim Levels 1-6

## Kids 6+ years

Welcome to the Group Swim Lesson program at Circle C Aquatics! Our swim lesson program closely follows the American Red Cross Learn-to-Swim program. If you have taken lessons with us before, please read through the following packet as there have been many changes to our Group Swim Lesson program.

Group lessons are split into two groups, Learn to Swim level classes are for kid's ages 6 years and older. To find the right class to register your child for, please read through the pre requisite for each class and determine which level your child qualifies for.

### **Learn to Swim Level 1 and 2- Sea Otter**

Participant should be able to the following;

- Use both hands to hold onto the wall with an instructor without a parent in the area
- Follow along with the instructor in a classroom setting
- Submerge mouth, nose and eyes and blow bubbles 5 times
- Follow directions from the instructor

### **Learn to Swim Level 3- Dolphin**

Participant should be able to do the following with assistance;

- Enter water independently, travel 5 yards, bob 5 times then safely exit the water
- Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position
- Jump into water just above head, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths then exit the water
- Move into a back float for 15 seconds, roll to front, then recover to a vertical position
- Push off and swim using arm and leg action for 5 body lengths, roll to back float for 15 seconds, roll to front then continue to swim for 5 body lengths

## **Learn to Swim Level 4- Hammerhead**

Participant should be able to do the following without support or assistance;

- Jump into water above head, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn, then swim using freestyle and/or elementary backstroke for 25 yards then exit the water.
- Push off in a streamlined position, then swim freestyle for 15 yards, change position and swim elementary backstroke 15 yards then exit the water.

## **Learn to Swim Level 5 Orca**

Participant should be able to do the following without support or assistance;

- Jump into water above head, swim freestyle for 25 yards, change directions and swim elementary backstroke for 25 yards
- Swim breaststroke for 15 yards, change directions and swim back crawl for 15 yards
- Submerge and swim 3-5 body lengths underwater, return to surface and exit the water

## **Learn to Swim Level 6- Sea Serpent**

Participant should be able to do the following without support or assistance;

- Swim freestyle for 50 yards, then elementary backstroke for 50 yards
- Swim breaststroke for 25 yards then swim backstroke for 25 yards

Once you know which level your child qualifies for, you can register online by login into your Daxko account (a Resident Information or Non Resident information form MUST be on file before you can login to Daxko). Once in Daxko, browse the programs or search for Group Lessons. Pay and register for the desired session and class. You will receive a conformation email within 24 hours of registering. Please be aware that registration closes the Friday before the start of a session. No late registration will be accepted.

If your child is unable to meet the pre requisite for a class on the first day, we will do our best to get you into the correct class. If the correct class is full (morning and afternoon), a credit will be put on your account to use on another session.

If you have any questions, please email the program coordinator at [coordinator@ccswim.net](mailto:coordinator@ccswim.net)