

2013 SWIM LESSON SKILLS

INFANT AND TOT AQUATICS PROGRAM (IPAP)

1. Parent/Tot: 3 - 36 months w/parent

2. Tot Level: 3 - 5 years

NO PREREQUISITES

LEVEL 1 - WATER EXPLORATION

- Fully submerge face - 3 seconds
- 10 bobs at half body
- supported front/back float
- blow bubbles
- enter/exit water by self
- front/back supported kick
- discuss water safety rules

LEVEL 3 - STROKE READINESS

- Retrieve objects / eyes open
- 15 bobs completely underwater
- Bob to safety
- Jump into deep water
- Kneeling dives
- Front/back glides - 2 body lengths
- Front/back crawl - 10 yards

LEVEL 5 - STROKE REFINEMENT

- Alternative breathing
- Stride jump
- Breast/side stroke - 10 yards
- Underwater swim - 3 body lengths
- Elem. back stroke - 25 yards
- Intro to Butterfly
- Front/back open turns
- Tread water for 2 minutes

TOT - PARENT/TOT FAMILIARIZATION WITH THE POOL

- Getting into the pool
- Jump into the water to parent or instructor
- Explore the pool
- Front/back kick
- Bubble blowing
- Bobbing/stand
- Learning ladder use

LEVEL 2 - PRIMARY SKILLS

- Fully submerge head - 3 seconds
- Retrieve objects
- Front /back glides - 3 seconds
- 15 bobs full body
- Front/back flutter kick
- Finning on back
- Front/back combined stroke
- Turning over and safety rules

LEVEL 4 - STROKE DEVELOPMENT

- Deep water bobbing
- Floating position
- Rotary breathing
- Stride/standing dives
- Elementary back - 10 yards
- Sculling on back - 5 yards
- Front/back crawl - 25 yards
- Breast/scissor kicks - 10 yards
- Tread water - 1 minute

LEVEL 6 & 7 - STROKE PROFICIENCY

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ADVANCED SKILLS

- Front/back crawl 50 - 100 yards
- Breast/back stroke 50 - 100 yards
- Butterfly 10 - 50 yards
- Diving
- Underwater Swimming
- Tread water for 4 minutes

LEVEL 8 - SWIM TEAM PREP & POOL SAFETY

- Learn meet events, block start & race techniques
- Endurance Swimming & breathing techniques
- Sprint Swimming, form & strength workouts
- Water polo introduction & fundamentals
- Flip turns for all strokes
- Basic pool safety.

CITY OF BERWYN RECREATION DEPARTMENT

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788-2010 Aquatics Director ~ Carlos Ruiz

For questions on swim lessons, please ask for LTS Coordinator

