

Wenatchee City Pool

Swimming Lesson Program Level Descriptions

PARENT-TOT LEVEL

This level is designed to familiarize very young children with the water and develop swim-readiness skills. Parents learn about water safety, drowning prevention, and techniques for orienting their children to the water. A parent/guardian must be in the water with the child.

AGE: 9 mos. – 3 ½ years

PREREQUISITES: There are no prerequisites for this class.

SKILLS: Participants will gain proficiency in the following skills:

- Water Safety Education
- Waits for parent's cue to enter pool
- Supports self at edge of pool
- Jump into water on cue
- Responds to instructor's cues
- Comfortable in lifejacket
- Fun activities in the water to build confidence
- Breath control exercises
- Bubbles
- Comfortable with full submersion
- Hides face on request
- Skills on front with parent
- Relaxed glide
- Kicks
- Reach & pulls with kicks & bubbles
- Skills on back with parent
- Relaxed back ride with parent
- Relaxed back ride w/head support
- Independent Skills
- Glide from instructor to parent
- Independent swim to parent
- Independent back float

ADVANCEMENT: A student can continue to develop their water skills by taking this class as many times as they would like. Activities can be made progressively more challenging to match the skill level of the student.

At age 3.5, the student may advance to the Tadpole Preschool Level.



PRESCHOOL INTRODUCTORY LEVEL: TADPOLE

The objective of Tadpole is to help students feel comfortable in the water and to enjoy the water safely.

AGE: Ages 3 ½ - 5 years

PREREQUISITES: There are no prerequisites for this course.

SKILLS: Tadpole participants will gain proficiency in the following skills:

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Back glide
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

ADVANCEMENT: Once a student has achieved competency in all TADPOLE skills, they may advance to the SEAHORSE preschool level (for ages 3.5-5) or LEVEL 1 (for ages 6+).

PRESCHOOL LEVEL 2: SEAHORSE

The Seahorse Level builds on the skills learned in Tadpole and introduces fundamental skills such as floating and basic locomotion.

AGE: Ages 3 ½ - 5 years

PREREQUISITES: Tadpole Level skills

SKILLS: Seahorse participants will gain proficiency in the following skills:

- Enter water by stepping in
- Exit water using ladder, steps, or side
- Bobbing
- Open eyes underwater & retrieve submerged objects
- Front and back floats and glides
- Recover from a front and back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm/leg actions
- Combined arm/leg actions on front & back
- Finning arm action on back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

ADVANCEMENT: Once students have shown competency in all SEAHORSE skills, they may advance to TURTLE (for ages 3.5-5) or to LEVEL 2 (for ages 6+).



PRESCHOOL LEVEL 3: TURTLE

The purpose of Turtle is to build on the skills in Seahorse and improve coordination of simultaneous and alternating arm and leg actions.



AGE: Ages 3 ½ - 5 years

PREREQUISITES: Seahorse Level skills

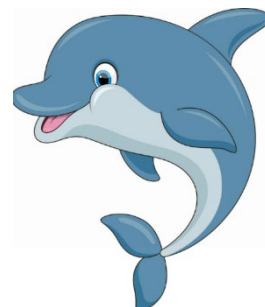
SKILLS: Turtle participants will gain proficiency in the following skills:

- Enter water by jumping in
- Fully submerge and hold breath
- Bobbing
- Front, jellyfish, and tuck floats
- Back float and glide
- Recover from a front and back float or glide to a vertical position
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Staying safe around aquatic environments
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun
- Look before you leap
- Think so you don't sink
- Reach or throw, don't go

ADVANCEMENT: Once a student has shown competency in all TURTLE skills, they may advance to DOLPHIN (for ages 3.5-5) or LEVEL 2 (for ages 6+).

PRESCHOOL LEVEL 4: DOLPHIN

This class improves participants' coordination of simultaneous arm and leg actions and increases swimming distance.



AGE: Ages 3 ½ - 5 years

PREREQUISITES: Turtle Level skills

SKILLS: Dolphin participants will gain proficiency in the following skills:

- Side breathing with kickboard for 20 feet
- Tall Arms w/side breathing every 4th stroke for 20 feet
- Kick and wing on back for 20 feet
- Backstroke with straight arms 10'
- Deep water skills (5-8' water depth)
- Feet-first jump, recover, swim 20'
- Float on back 10' & swim back to wall
- Treading water 10 seconds
- Underwater swimming 5 feet
- Bob to safety

ADVANCEMENT: Dolphin is the highest preschool level (ages 3.5-5) swim lesson currently offered at Wenatchee City Pool. Once a student has shown competency in all Dolphin skills and reaches age 6, they may advance to LEVEL 3.

LEVEL 1: INTRODUCTION TO WATER SKILLS

The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely.

AGE: Age 6+ years

PREREQUISITES: There are no prerequisites for this course.:

SKILLS: Level 1 participants will gain proficiency in the following skills:

- Enter and exit the water safely
- Submerge mouth, nose and eyes
- Exhale and open eyes under-water
- Roll over from front to back and back to front with support
- Explore floating on front and back with support
- Explore swimming on front and back using arm and leg actions with support
- Use of a life jacket



ADVANCEMENT: Once a student has achieved competency in all the Level 1 skills, they may advance to Level 2.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

The objective of Level 2 is to build competency in fundamental water skills.

AGE: Age 6+ years

PREREQUISITES: Level 1

SKILLS: Level 2 participants will gain proficiency in the following skills:

- Enter water by stepping or jumping from the side
- Exit water safely using ladder or side
- Submerge entire head
- Blow bubbles (bobbing)
- Open eyes underwater
- Float on front and back
- Front and back glides
- Change directions
- Roll over from front to back and back to front
- Tread water
- Swim on front, back and side using combined arm and leg actions



ADVANCEMENT: Once a student has achieved competency in all the Level 2 skills, they may advance to Level 3.

LEVEL 3: STROKE DEVELOPMENT

The objective of Level 3 is to put the fundamental elements of swimming together to begin to learn various swim strokes.

AGE: Age 6+ years

PREREQUISITES: Level 2

SKILLS: Level 3 participants will gain proficiency in the following skills:

- Jump into deep water
- Diving basics
- Bob with the head fully submerged
- Rotary breathing
- Front and back glides
- Float on front and back in deep water
- Change from horizontal to vertical position on front and back
- Front and back crawl
- Butterfly-kick and body motion



ADVANCEMENT: Once a student has shown competency in all the Level 3 skills, they may advance to Level 4.

LEVEL 4/5 COMBO: STROKE IMPROVEMENT/REFINEMENT

AGE: Age 6+ years

PREREQUISITES: Level 3

LEVEL 4 SKILLS: Level 4 participants will gain proficiency in the following skills:

- Perform standing dive
- Swim underwater
- Feet-first surface dive
- Open turns on front and back treading water
- Front and back crawl
- Breaststroke
- Butterfly
- Elementary backstroke

LEVEL 5 SKILLS: Level 5 participants will gain proficiency in the following skills:

- Standing shallow dive
- Tuck and pike surface dives
- Front and back flip turns
- Sidestroke
- Survival swimming



ADVANCEMENT: Once a student has achieved competency in all the Level 4 skills, they may advance to Level 5 skills within the same combo class. Level 5 is the highest level of swim lessons currently offered at the Wenatchee City Pool.

Wenatchee City Pool // 220 Fuller Street // Wenatchee, WA 98801 // 509-888-3288

Updated April 2022