

# Peaks Aquatics Swim Lessons

## Level 1 Swimmer — Polliwog

**Target Age Group:** 6 months — 16 months

**Child Ability:** The child has little or no experience in a pool environment.

**Class Size:** 4 — 6 students

### Prerequisites for Swim Level

1. Parent or guardian participation is required in the water.
2. Child must be at least six months old.
3. Child must wear a County approved swim diaper to enter the water (**NOTE:** disposable swim diapers do not meet the County's requirements).

### Primary Focus of Class

The Peaks Level 1 Polliwogs course is designed for infants to begin the process of learning basic water safety skills to help them become comfortable and relaxed in a swimming pool environment. Parents will be introduced to a variety of teaching principles such as proper holding techniques, safe water entry/exit, breathing control and water buoyancy. This course will assist both the parent and the infant by introducing a number of critical water safety skills and encouraging social interaction and fun.

### Swimming Skills Taught

1. Water Adjustment, Balance & Buoyancy
2. Safe Water Entry/Exit
3. Water Exploration and Submersion
4. Assisted Front Glide & Back Float
5. Water Survival Skills - Assisted Rollovers with Instructor or Parent
6. Water Safety Techniques for parents to educate their child

### Goals for Swim Level

1. Child is comfortable in the pool water with parent or their swim instructor.
2. Child demonstrates breath control by blowing bubbles when asked.
3. Child is capable of grabbing on to the pool edge with parent or instructor assistance.
4. Child is capable of relaxing for a minimum of ten seconds on their back (ears in water) with parent or instructor assistance.
5. Child can perform a front glide off wall or steps with kicks for 3 seconds from instructor to parents.
6. Child is capable of performing back-to-front and front-to-back rollover survival technique with parent or instructor assistance.

# Level 2 Swimmer — Guppy

**Target Age Group:** 16 months — 36 months

**Child Ability:** The child may have some pool experience and meets the minimum age group requirement.

**Class Size:** 2 — 4 students

## Prerequisites for Swim Level

1. Parent or guardian participation is required in the water.
2. Child must be at least 15-months old.
3. Child must wear a County approved swim diaper to enter the water (**NOTE:** disposable swim diapers do not meet the County's requirements).

## Primary Focus of Class

This class is designed specifically for toddlers and infants who have participated in Peaks Level 1 Polliwogs swim class. The class structure and skill set is similar to the Level 1 Polliwogs course, but is tailored to the unique child development needs and increased muscular coordination of a young toddler. Parents will learn advanced swimming skills, holding and other water survival techniques to adjust their toddler to the pool that encourages swimming readiness, breath control, balance, buoyancy and propulsion.

## Swimming Skills Taught

1. Water Adjustment, Balance & Buoyancy
2. Safe Water Entry/Exit
3. Water Exploration and Submersion
4. Assisted Front Glide & Back Float
5. Water Survival Skills - Assisted Rollovers with Instructor or Parent
6. Water Safety Techniques for parents to educate their child

## Goals for Swim Level

1. Child is comfortable in the pool environment.
2. Child demonstrates breath control by blowing bubbles with face fully submerged without assistance.
3. Child is capable of grabbing on to the pool edge and performs monkey walk along the wall for 10-feet unassisted.
4. Child is capable of relaxing for a minimum of 30-seconds on the back (ears in water) with parent or instructor assistance.
5. Child can perform an underwater front glide off wall or steps with kicks for 3 seconds.
6. Child is capable of performing back-to-front and front-to-back rollover survival technique assisted by parent or swim instructor.

# Level 3 Swimmer — Minnows

**Target Age Group:** 2 years – 12 years

**Child Ability:** This child has a large measure of comfort in the water or meets the minimum age requirement.

**Class Size:** 2 — 6 students

## Prerequisites for Swim Level

1. Parent participation may be required in the water.
2. Child must be at least 2 years old.
3. If child is not fully potty trained then child must wear a County approved swim diaper to enter the pool water (**NOTE:** disposable swim diapers do not meet the County's requirements).
4. Children under 36 months will need to be skill evaluated by an Peaks instructor before entering this level.

## Primary Focus of Class

The goal of the class is to introduce and prepare the child for independent swimming. Parents participate in the water may be needed while the instructor prepares the child for their next step in becoming an independent swimmer.

## Swimming Skills Taught

1. Advanced Water Adjustment, Balance & Buoyancy Skills
2. Assisted Front & Back Glide
3. Back Float
4. Water Survival Skills - Assisted Rollovers with Instructor or Parent
5. Arms Only
6. Assisted Jump in and Return to the Wall
7. Assisted Backstroke (Arms Only)

## Goals for Swim Level

1. Child is comfortable in the pool environment.
2. Child is capable of performing 3 consecutive bobs under water with bubbles.
3. Child is capable performing the monkey walk and will climb out of the pool unassisted.
4. Child is capable of performing back float with limited assistance for 20-seconds.
5. Child is capable of performing a front glide with kicks and a back glide for 5 seconds.
6. Child must be capable of performing back-to-front and front-to-back rollover survival technique.
7. Child is capable of jumping into pool, swims freestyle to instructor and returns to pool edge to climb out safely.
8. Child is capable of performing the Elementary Backstroke arms with limited assistance.