

Swim Lesson Descriptions

Updated 4/23/2019

Location: All classes happen at Hawthorne Pool unless otherwise communicated.

Level Descriptions:

Parent Child: Ages 6 months - 3 years old. This class helps parents introduce their child to the water. Basic holds, methods for teaching water safety, floating, blowing bubbles, jumping in with support, and songs/games taught to parents. 1 parent or adult must be in the pool for each participating child.

Preschool: Ages 3*-5 years old. This level introduces your child to swimming and water safety skills that are developmentally appropriate. Enter/exit water with ladder/steps, jumping in the water from the side, submerging & holding their breath, bobbing, rotary breathing, front/back/jellyfish/tuck floats, front/back glides, changing direction while swimming, treading water, swimming on front/back, safety topics. **We recommend that all participants in our preschool classes be age 4-5 years old. Any 3 year old should start with the Parent Child class - this will allow children a chance to learn water safety with one on one attention from their parent and will allow you to gauge their readiness for independent classes. Children at 3 years of age who can follow directions while in the pool, are comfortable in the water, and are potty trained may enroll in the Preschool class. While this is our recommendation we will not police this & trust each parent/guardian to choose what is safest for their child.*

Level 1: Ages 6-14 years old. This level introduces your child to basic skills as a foundation for future skills and water competency. Enter/exit water, blow bubbles, bobbing, open eyes under water & retrieve objects, front/back glides, front/back floats, treading water, front/back crawl, elementary backstroke, safety topics.

Level 2: Ages 6-14 years old. Enter/exit water, jump into water, fully submerge & hold breath, bobbing, open eyes under water & retrieve objects, rotary breathing, front/jellyfish/tuck/back floats, front/back glide & recover to a standing position, roll from front to back & back to front, tread water, change direction while swimming on front or back, front/back crawl, elementary backstroke, safety topics

Level 3: Ages 6-14 years old. Build on skills in level 2 through additional guided practice in deeper water. Jump in/submerge/return to side unassisted, sitting/kneeling dives, bob to safety, rotary breathing, back/survival float, change from vertical to horizontal on front/back, tread water, flutter/dolphin kicks on front, scissor/breaststroke kicks, Front/back crawl, elementary backstroke, safety topics.

Level 4: Stroke Improvement - Ages 6-14 years old. Build on skills from level 3 through additional guided practice & introduce additional strokes. Compact/stride dives, swim underwater, feet first surface dive, survival swimming, open turns on front/back, tread using two different kicks, front/back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, flutter/dolphin kicks on back, safety topics.

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Level 5: Stroke Refinement - Ages 6-14 years old. Builds on skills from level 4 through additional guided practice. Shallow angle dive from side with swimming recovery, tuck/pike surface dives, front/back flip turns, front/back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, sculling, safety topics

Level 6: Swimming & Skill Proficiency - Ages 6-14 years old. Refines the strokes so participants swim them with ease, efficiency, power, and smoothness over greater distances. This course focuses on preparing swimmers for competitive swim team.

Private Lessons: All ages. Private lessons are a good option for participants who have specific goals that are outside of the standard learn to swim program, participants who struggle within classes to progress, participants who have special learning needs, participants who have specific scheduling needs, or participants who want more one on one attention. Goals for the individual will be set with the instructor & worked to be met over the course of 6 x 30 minute lessons.

Semi Private Lessons: All ages. Semi-private lessons are a good option for participants who have specific goals that are outside of the standard learn to swim program, participants who struggle to progress, participants who have special learning needs, participants who have specific scheduling needs, or participants who want more one on one attention. Goals for both participants will be set with the instructor & worked to be met over the course of 6 x 30 minute lessons.

Accommodations: All lessons welcome students with special needs. We will do our best to accommodate any individual in all programs. When determining whether you should sign your child up for a group lesson please consider: Can my child follow directions in a group setting? Will my child be comfortable trying new skills? Will my child be able to wait her/his turn to do an activity? Will my student be overwhelmed by noises or the experience of being in the water? Please communicate any special considerations, specific response plans that work, any behaviors that we can expect, and anything else that may help the instructor to better teach the participant. If at any time we believe there is a significant safety concern we may request a switch to semi or private lessons. We will communicate clearly if that becomes a possibility.