

Richmond Southview Pool

Group Swim Lesson Objectives

The Southview Pool offers a developmentally appropriate swim lesson program that teaches your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for level 1, which has no prerequisites.

<p><u>Level 1—Introduction to Water Skills</u> <u>Suggested age 3-4 years</u></p> <p>Helps participants feel comfortable in water</p> <ul style="list-style-type: none"> • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • Tread water using 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 	<p><u>Level 2—Fundamental Aquatic Skills</u> <u>Suggested age 4-5 years</u></p> <p>Gives participants success with fundamental skills.</p> <ul style="list-style-type: none"> • Enter and exit water by stepping or jumping from the side • Fully submerge and hold breath • Bobbing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and floats • Recover to vertical position • Roll from front to back and back to front • 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
<p><u>Level 3—Stroke Development</u> <u>Suggested age 5-6 years</u></p> <p>Builds on the skills in Level 2 through additional guided practice in deeper water.</p> <ul style="list-style-type: none"> • Enter water by jumping from the side • Headfirst entries from the side in sitting and kneeling positions • Bobbing while moving toward safety • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Flutter, scissor, dolphin and breaststroke kicks on front 	<p><u>Level 4—Stroke Improvement</u> <u>Suggested age 6-8 years</u></p> <p>Develops confidence in the skills learned and improves other aquatic skills.</p> <ul style="list-style-type: none"> • Headfirst entries from the side in compact and stride positions • Swim under water • Feet first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Flutter and dolphin kicks on back
<p><u>Level 5—Stroke Refinement</u> <u>Suggested age 7+ years</u></p> <p>Provides further coordination and refinement of strokes.</p> <ul style="list-style-type: none"> • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives, submerge completely • Front flip turn and backstroke flip turn while swimming • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Sculling 	<p><u>Level 6—Swimming and Skill Proficiency</u> <u>Suggested age 10+ years</u></p> <p>Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses such as competitive swimming diving, or lifeguarding introduction.</p>

A little about lesson structure...

- There will be a brief parent's meeting and then instructors will divide the kids into groups, based on the information on their registration form.
- The first lesson will evaluate the participants. If the instructor feels the participants should be in a different group level, they will move the child to a different level.
- If you would like to be an aid to the instructor, please mark this on your sheet or talk to your child's instructor.
- If your child is three years of age, an adult (that the child is comfortable with) must be in the water assisting your child at all times. If your child has the maturity and skills to be without a familiar adult in the water with them, this needs to be approved by the child's instructor.
- Each lesson is typically 30 minutes.
- If there is a canceled swim lesson, that lesson will be made up. Time and Day-TBA.
- Please sign up for Richmond Alert (Southview Pool Notifications) to be informed.
- Or call the Pool's Inclement Weather Hotline--816-776-5304 ext. 3
- A Richmond Alert and phone update will only occur if there is a swim lesson change/cancellation.
- If you have a question or concerns, please communicate with your instructor or e-mail: hwilliams@cityofrichmondmo.org