



Alexandria Public Schools

Community Education

Swimming Lessons Descriptions

All semi private courses are a 1:3 ratio. Private swimming lessons are 1:1 ratio.

If you have any questions regarding which course would be best for your child or to register, please contact the Alexandria Community Education office at 320-763-3310.

Preschool 1: *Prerequisites - Class is designed for 4 year olds who have NO AQUATIC EXPERIENCE!*

Preschool 1 will help participants adapt to and feel comfortable in and around water. Students will learn to enjoy the water safely by incorporating basic water skills with play and games. In addition to learning basic aquatics skills, children will become familiarized with an organized swim class and be expected to interact with the instructor and classmates. All skills in this class are done with assistance - children should NOT be expected to swim independently after taking this course.

Swimmers will learn the following: *

Enter and exit water independently OR with assistance * Jump in from the side into chest-deep water (with a lifejacket) * Submerge mouth, nose and eyes and retrieve objects underwater * Blow bubbles through mouth and nose for 3 seconds * Front float, with face in or out of water, for 3 seconds * Front glide, with face in or out of water, for 2 body lengths and recover to vertical * Back float, with ears in water, for 3 seconds * Back glide, with ears in water, for 2 body lengths and recover to vertical * Roll over from front-to-back and back-to-front * Flutter kick on front and back for 2 body lengths * Introduction to freestyle and backstroke (combined arms and flutter kicking) for 2 body lengths * Introduction to elementary backstroke and breaststroke arm and leg actions * Learn how to put on a lifejacket and what it is used for; experience wearing a lifejacket in the water * Explore treading hand and arm actions in chest-deep water (with life jacket) * Orientation to deep water * Learn how to recognize an emergency and call for help; recognize the lifeguard * Learn to look carefully before entering the water

Preschool 2: *Prerequisites: This class is designed for children 4-5 years of age who have completed Preschool 1 and/or are comfortable in the water and are able to perform all Preschool 1 skills on the first day of class.*

Preschool 2 will prepare beginning swimmers for Beginner 1 lessons. Students will review and develop skills previously learned, build endurance, and continue developing safe practices around water. Most skills in this

level are performed with assistance - children should NOT be expected to swim independently after taking this course.

Swimmers will learn the following: Enter and exit the water independently * Jump in from the side into chest-deep water (with or without a lifejacket) * Submerge entire head and retrieve objects underwater while holding breath for 3 seconds * Bob 3 times while blowing bubbles and taking a breath * Front float, with face in water, for 5 seconds * Front glide, with face in water, for 2 body lengths and recover to vertical * Back float, with ears in water, for 5 seconds * Back glide, with ears in water, for 2 body lengths and recover to vertical * Roll over from front-to-back and back-to-front * Flutter kick on front and back for 2 body lengths * Introduction to freestyle and backstroke (combined arms and flutter kicking) for 2 body lengths * Introduction to elementary backstroke and breaststroke arm and leg actions * Learn how to put on a lifejacket and what it is used for; experience wearing a lifejacket in the water * Explore treading hand and arm actions in shoulder-deep water (with life jacket) * Orientation to deep water * Learn how to recognize an emergency and call for help; recognize the lifeguard * Learn to look carefully before entering the water

Beginner 1: *Prerequisite: Must be at least 5 years of age on or before the first day of class.*

This class is for those who have passed our Preschool levels OR for new, inexperienced and/or cautious swimmers ages 5 and older. Beginner 1's will have the opportunity to experience basic water exploration and learn a variety of water adjustment skills that lead to assisted swimming. Students must be comfortable in the water without parents and should come prepared to learn to put their faces in the water for retrieving objects. The objective is to give swimmers success with fundamental skills, with only minimal assistance from the instructor. Swimmers will also receive orientation to deep water with support.

Swimmers will learn the following: Enter and exit water independently * Jump in from the side into chest-deep water * Submerge whole head and retrieve objects underwater while holding breath for 5 seconds * Bob 5 times while blowing bubbles and taking a breath * Front float, with face in water, for 10 seconds * Front glide, with face in water, for 2 body lengths and recover to vertical * Back float, with ears in water, for 10 seconds * Back glide, with ears in water, for 2 body lengths and recover to vertical * Roll over from front-to-back and back-to-front * Flutter kick (on front and back) for 3 body lengths * Introduction to freestyle and backstroke (combined arms and flutter kicking) for 3 body lengths * Introduction to elementary backstroke and breaststroke arm and leg actions * Explore treading hand and arm actions in chest-deep water (no life jacket) * Orientation to deep water * Learn how to recognize an emergency and call for help; recognize the lifeguard * Learn to look carefully before entering the water * Learn how to put on a life jacket and what it is used for

Beginner 2: *Prerequisite: Successful completion of Beginner 1 and/or demonstration of all Beginner 1 certification requirements on the first day of lessons.*

Beginner 2 will help swimmers successfully manage fundamental skills as they progress toward swimming unassisted. Swimmers must be comfortable on their own, and be able to fully submerge in an area where they can touch. Skills from Beginner 1 are progressed in this level. Rotary breathing, sitting dives, and treading are introduced. In order to pass Beginner 2, swimmers must be able to perform ALL skills unassisted by the instructor.

Swimmers will learn the following: Jump in from side in to chest-deep water and return to the edge * Submerge whole head and retrieve objects underwater while holding breath for 5 seconds *Bob 10 times while blowing bubbles * Introduction to rotary breathing * Front float, face in water, for 15 seconds * Front glide, face in water, for 2 body lengths, turn and swim back to wall *Back float, ears in water, for 15 seconds * Back glide, ears in water, for 2 body lengths, roll over, turn and swim back to wall * Flutter kick on front with arms at sides OR in streamline position for 3 body lengths * Flutter kick on back with arms at sides OR in streamline position for 3 body lengths * Breaststroke and dolphin kicks; 5 yards of each kick * Freestyle for 10 yards * Backstroke for 10 yards * Elementary backstroke for 10 yards * Breaststroke arm and leg actions for 3 body lengths *Tread water for 15 seconds in shoulder-deep water* Sitting dive * Orientation to deep water * Learn how to perform simple, non-swimming assists (out of water) * Learn what to think about and do when exhausted or caught in a dangerous situation.

Intermediate 3: *Prerequisite: Successful completion of Beginner 2 and/or demonstration of all Beginner 2 certification requirements on the first day of lessons.*

Intermediate 3 builds on skills from Beginner 1 and 2 by coordinating strokes and increasing endurance. Swimmers will focus on learning breaststroke as well as further developing their freestyle, backstroke, elementary backstroke and dolphin kick.

Swimmers will learn the following: Jump in from the side into deep water and return to the edge * Submerge whole head and retrieve objects underwater while holding breath for 10 seconds *Rotary breathing * Front float (survival float), face in water, for 30 seconds * Back float, ears in water, for 30 seconds * Flutter kick (on front and back) in streamline position for 10 yards * Breaststroke kick for 10 yards * Dolphin kick for 10 yards * Scissors kick (on side) for 10 yards * Freestyle (with rotary breathing) for 15 yards * Backstroke for 15 yards * Elementary backstroke for 15 yards *Breaststroke (full stroke, with kick) for 10 yards * Treading water (in deep water) for 30 seconds * Kneeling dive * Learn how to perform simple, non-swimming assists (in water) * Learn to recognize, prevent and respond to cold water emergencies

Intermediate 4: *Prerequisite: Successful completion of Intermediate 3 and/or demonstration of all intermediate 3 certification requirements on the first day of lessons.*

Intermediate 4 will be focusing on furthering backstroke and freestyle endurance as well as introducing the butterfly, sidestroke, and standing dives from the side of the pool.

Swimmers will learn the following: Swim underwater 5 yards to retrieve a submerged object * Rotary breathing * Flutter kick (on front and back) in streamline position for 15 yards * Breaststroke kick (on front) for 15 yards * Dolphin kick for 15 yards * Scissors kick (on side) for 15 yards * Freestyle (with rotary breathing) for 25 yard * Backstroke for 25 yards * Elementary backstroke for 25 yards * Breaststroke for 15 yards * Sidestroke for 15 yards * Butterfly (full stroke, with dolphin kick) for 10 yards * Freestyle and backstroke open turns * Treading water (in deep water) for 1 minute * Standing dive * Feet-first surface dive, submerging

completely * Front float (survival float), face in water, for 1 minute * Back float, ears in water, for 1 minute *
Learn about recreational water illnesses and how to prevent them

Advanced 5: *Prerequisites: Successful completion of Intermediate 4 and/or demonstration of all Intermediate 4 completion requirements on the first day of lessons.*

Advanced 5 refines coordination of Intermediate 3 and 4 skills and increases endurance by treading water for longer as well as swimming farther distances.

Swimmers will learn the following: * Rotary breathing * Flutter kick (on front and back) in streamline position for 25 yards * Breaststroke kick (on front) for 25 yards * Dolphin kick for 25 yards * Scissors kick on side for 25 yards * Freestyle (with rotary breathing) for 50 yards * Backstroke for 50 yards * Elementary backstroke for 50 yards * Breaststroke for 25 yards * Sidestroke for 25 yards * Butterfly for 15 yards * Freestyle and backstroke open turns * Treading water (in deep water) for 2 minutes * Shallow dive * Head-first surface dive to retrieve a submerged object in deep water (approx. 7 feet) * 4-minute swim utilizing any of the six strokes * Front float (survival float), face in water, for 2 minutes * Back float, ears in water, for 2 minutes * Learn how to call for help and the importance of knowing first aid and CPR * Learn basic safety guidelines/risks at pools, waterparks and waterfronts

ADVANCED 6: *Prerequisites: Successful completion of Advanced 5 and/or demonstration of all Advanced 5 completion requirements on the first day of lessons.*

Advanced 6 polishes strokes to allow swimming with more ease, efficiency, power and smoothness over greater distances. Swimmers will be introduced to more advanced stroke technique and will be required to demonstrate proper and efficient body position and movement for each stroke, as well as competitive swimming skills such as flip turns, proper finishes, starts and utilizing a pace clock. Swimmers will learn the following: * Flutter kick (on front and back) in streamline position for 50 yards * Breaststroke kick (on front) for 50 yards * Dolphin kick for 50 yards * Scissors kick (on side) for 50 yards * Freestyle (with rotary breathing) for 100 yards * Backstroke for 100 yards * Elementary backstroke for 50 yards * Breaststroke for 50 yards * Sidestroke for 50 yards * Butterfly for 25 yards * Freestyle and backstroke flip turns * Dive from a starting block * Utilize competitive swim equipment including pull buoys, paddles, fins and reading a pace clock * 6-minute swim utilizing any of the six strokes * Tread water for 5 minutes * Demonstrate the HELP and Huddle positions for 2 minutes * Demonstrate a survival float in deep water for 5 minutes * Discuss basic safety rules for open water environments and boat