

# **HOLTON PARKS AND REC**

## **SWIMMING LESSONS**

### **Tadpoles (ages 3 yrs to 4 yrs)**

- Helps preschoolers feel comfortable in the baby pool.
- Class objectives
  - Enter water safely
  - Blow bubbles
  - Open eyes underwater
  - Front/Back glide and back float
  - Recover to vertical position

### **Level 1 - Water Exploration (ages 4+)**

- Helps student feel comfortable in the 3 ft.
- Class objectives
  - Bobbing
  - Retrieve submerged objects
  - Front float and Back float

### **Level 2 - Primary Skills**

- Teaches fundamental skills.
- Class objectives
  - Safely jump into water
  - Submerge and hold breath
  - Retrieve submerged objects
  - Tread water
  - Combined arm/leg actions
  - Front and Back float

### **Level 3 - Stroke Readiness**

- Builds on fundamentals in deeper water.
- Class objectives
  - Dive from sitting or kneeling position
  - Rotary breathing during front crawl
  - Survival Float/Back Float
  - Tread water

### **Level 4 - Stroke Development**

- Develops confidence in skills learned and works on other aquatic skills.
- Class objectives
  - Front crawl/Back crawl
  - Breaststroke
  - Standing dive
  - Tread water - 2 minutes
  - Open turn on front and back
  - Retrieve ring from 6 ft.

### **Level 5 - Stroke Refinement**

- Provides further coordination and refinement of strokes.
- Class objectives
  - Breaststroke
  - Sidestroke
  - Front crawl/Back crawl
  - Elementary backstroke
  - Progression dives off diving boards
  - Shallow angle dive from side of pool

### **Level 6 - Skills Proficiency**

- Refines strokes to allow swimmers to swim with ease, efficiency, and power over greater distances.
- Class objectives
  - Swim 500 Meters
  - Swim 5 strokes efficiently
  - Perform open and flip turns
  - Tuck and Pike dives from diving board

### **IPAP Levels - Infant and Preschool**

- Parent-led play to make child comfortable in the water.
- Class objectives
  - Parent/child interaction
  - Trust in the water
  - Blow bubbles
  - Moving up/down in the water
  - Kicking legs
  - Learning through rhymes and games

### **Holton Parks and Rec Swim Lessons**

Times are tough and the Holton Parks and Rec is trying to meet the needs of Holton patrons by offering our own swim courses this year. Lessons will continue to be led by certified lifeguards and trained swim instructors and will provide your child with the necessary skills to swim successfully in the water. The class objectives listed above are the essential components to pass each level. If you have any questions please contact Addie Larson at 785-364-5911 or Drew Porter at 785-364-4446.