



## **BU AQUATICS**

### **Adult Swim Level Descriptions**

#### **BEGINNING SWIM**

This is a course for swimmers who have had little or no swimming experience. Instruction will focus on basic swimming skills for beginners to advanced beginners. Skills and concepts needed to stay safe in and around water and to help yourself and/or others in an aquatic emergency will be covered. Skills to be covered include: floating, breathe control, kicking, front crawl, elementary backstroke, backstroke, sidestroke, breaststroke, comfort in the deep end of the pool, and treading water. This class takes place in our Recreation Pool.

##### Objectives:

- Increase Comfort Level in the Water
- Experience Breathe Control
- Experience Buoyancy
- Moving Through the Water
- Safety Skills and Safe Behaviors

##### Outcomes:

- Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water
- Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

#### **STROKE IMPROVEMENT**

Stroke Improvement is a course designed to improve participants' proficiency in basic aquatic skills and the six basic swimming strokes. The instructors will teach skills and concepts needed to stay safe in and around water and to help themselves or others in an aquatic emergency. Skills to be covered include: refinement of front crawl, backstroke, and breaststroke, introduction to butterfly, and continued practice for comfort in deep water. This class takes place in our Competition Pool.

##### Prerequisites:

- Comfortable in deep water
- Ability to swim 100 continuous yards any stroke, 25 continuous yards of the backstroke, and 25 continuous yards of the breaststroke

##### Objectives:

- Improve fundamental aquatic skills
- Improve effectiveness and efficiency of swimming strokes
- Improve ability to swim continuously and swimming endurance



- Learn safety skills and safe behaviors in and around the water

Outcomes:

- Swim front crawl 50 yards, change direction and position of travel as necessary using an efficient turning style and then swim elementary backstroke for 50 yards with an efficient turn.
- Swim breaststroke 50 yards, change direction of travel using an efficient open turn as necessary and then swim back crawl for 25 yards using an efficient back crawl turn.
- Submerge underwater and swim 5 body lengths underwater without hyperventilation, return to the surface and then exit the water.

**FITNESS SWIM**

This course is designed for intermediate and advanced swimmers who want to improve their fitness and technique through workouts and drills. To accommodate multiple skill levels, the class may be divided into two groups. Workouts will focus on improving technique and building endurance. More advanced workouts will be provided for swimmers who enjoy swimming as a method of improving cardiovascular performance and maintaining their fitness level. The class will focus on applying the basics of fitness swimming, including technique drills, flip turns, reading a pace clock, interval training and creating a personalized workout. The instructors will critique students' strokes and offer stroke feedback. Students will also be taught starts and butterfly if they do not already know these skills. This class takes place in our Competition Pool.

Prerequisites:

- Ability to swim 200 continuous yards, 500 yards in less than 15 minutes, and be capable of the front crawl, backstroke, and breaststroke.

Objectives:

- Improve effectiveness and efficiency of swimming strokes

Outcomes:

- Front crawl with open or flip turns, 100 yards
- Back crawl with open or flip turn, 50 yards
- Breaststroke with open turn, 50 yards
- Butterfly with open turn, 50 yards (optional)