

FITREC SWIM SCHOOL

Swimming & Diving Level Descriptions

PARENT AND CHILD SWIMMING LESSONS

This class is an introduction to water for 6 months to 5 year olds. One parent or guardian must work in the water with the infant/toddler under the direction of the instructor. This class is not designed to teach children to become good swimmers or to survive in the water on their own. Following the American Red Cross Parent and Child Aquatic Program, children are encouraged to feel comfortable in the water in a fun and safe environment. ONLY ONE parent or guardian is allowed in the water per child.

- **TERRIER BABIES:** This introductory class is designed for children 6-18 months old. Parents learn how to safely work with their children in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics. The ratio for Terrier Babies is one instructor for ten students.
- **TERRIER TOTS:** This class is designed for children 18 months to 3 years old and is a progression from Terrier Babies to develop the child's confidence trying skills with an instructor in preparation for Tots in Training and Preschool classes.. A parent or guardian is still required to be in the pool for the duration of this class. Skills from Terrier Babies will be reinforced and the instructor will work with each child individually throughout the class. The ratio for Terrier Tots is one instructor for ten students.
- **TOTS IN TRAINING:** This class is for children 2.5-5 years old who have completed Terrier Babies and/or Terrier Tots and are ready to transition to group lessons, but are still too young for preschool classes or need a little more experience working with an instructor and following directions in a class setting. The first two classes will involve the parent or guardian working with the child in the water with an emphasis on the child working with the instructor on floating, kicking, and putting their face in the water. During the third and fourth lesson, the parent or guardian will remain on the pool deck. For the final two lessons, the parent or guardian will remain in the waiting area, similar to a preschool class. Children often take Tots in Training more than once as they may need a little more experience without a parent or guardian or they are not yet turning three years old and therefore not old enough to move on to preschool lessons. The ratio for Tots in Training is one instructor for three students or two instructors for six students.

PRESCHOOL SWIMMING LESSONS

The Preschool classes available for 3-5 years old are introduction to water skills (Terrier Explorers), fundamental water skills (Terrier Splashers) and stroke development (Terrier Treaders). Children begin to explore the water environment through floating, submerging, kicking skills, breath control and beginning strokes. Following the American Red Cross Learn to Swim Program, the primary goals for the classes are safety and comfort in the water. Children work in the water without a parent and should be ready to follow instructions in a small class environment.

- **TERRIER EXPLORERS:** Terrier Explorers is designed for preschoolers who are ready to be in a class without their parent or guardian in the water. Children will learn how to get their face wet, blow bubbles, explore the water with their instructor and practice skills with support. Children must have confidence participating without a parent in the pool. The ratio for Terrier Explorers is one instructor for four students.
- **TERRIER SPLASHERS:** Skills from Terrier Explorers are built upon in this class and children are encouraged to try more skills such as, floating and kicking on their front and back with limited or no support from the instructor when they are ready. Terrier Splashers marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Children must be able to comfortably and voluntarily submerge their nose, eyes and mouth to enroll in this class. Completion of Terrier Explorers or an equivalent class is required to enroll in Terrier Splashers. The ratio for Terrier Splashers is one instructor for four students.
- **TERRIER TREADERS:** The objective of Terrier Treaders is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Terrier Treaders are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. Children should be able to perform skills like floating and submerging underwater comfortably without any support before enrolling in this class. Participants will practice floating and swimming on their front and back as well as kicking and underwater skills. The instructors will encourage swimming without support from instructional devices and introduce the students to deep water. The ratio for Terrier Treaders is one instructor for four students.

YOUTH SWIMMING LESSONS

The school age swimming classes are designed for children 6-14 years old. Classes range from an introduction to water skills for beginners to a swimming skill proficiency class which works on

developing strokes and endurance. Please note the descriptions and prerequisites for the classes below. Safety around an aquatic environment will be a focus throughout the classes.

- **LEVEL 1 – INTRO TO WATER SKILLS:** An introduction to water, emphasizing comfort and safety. Elementary aquatic skills are introduced such as bubble blowing, kicking and floating. Prerequisite: None; cannot do anything unsupported. The ratio for Level 1 is one instructor for five students.
- **LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS:** Builds on the fundamental skills from Terrier Treaders and/or Level 1. Students learn to float and recover without support and explore swimming on the front and back. This level marks the beginning of true locomotion skills. Prerequisites: Can do some skills unsupported, even if for only a few seconds. Can submerge mouth, nose and eyes and blow bubbles and is comfortable doing so. The ratio for Level 2 is one instructor for five students.
- **LEVEL 3 – STROKE DEVELOPMENT:** Builds on locomotion skills from Level 2. Students learn to coordinate the front crawl and back crawl. Head-first entries and elements of the butterfly, sidestroke, breaststroke and elementary backstroke are introduced. Prerequisites: Can swim on front and back unsupported for at least 15 feet with alternating arm action and continuous kicking. Can float and glide unsupported and bob fully submerged at least 5 times continuously. The ratio for Level 3 is one instructor for six students.
- **LEVEL 4 – STROKE IMPROVEMENT:** Develops confidence, coordination and strength in all six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke). Open turns and more advanced entries are introduced. Prerequisites: Can swim front crawl at least 15 yards, back crawl 15 yards and butterfly kick and breaststroke kick at least 15 feet. Can do a kneeling dive and tread water for at least 30 seconds. The ratio for Level 4 is one instructor for six students.
- **LEVEL 5 – STROKE REFINEMENT:** Builds on coordination and refinement of all six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke). Flip turns on front and back are introduced. Swimming at greater distances is achieved. Prerequisites: Can swim front crawl with rotary breathing and back crawl at least 25 yards, and breaststroke, butterfly, elementary backstroke and sidestroke at least 15 yards. Strokes should have all elements and only need refinement. Can do a standing dive and tread water at least one minute. The ratio for Level 5 is one instructor for eight students.
- **LEVEL 6 – FITNESS SWIMMER:** Refines strokes to focus on efficiency, power and smoothness over greater distances. Flip turns, treading water and head-first entries are practiced to achieve proficiency. Students will work to build endurance by swimming longer distances. Prerequisites: Can swim front crawl and back crawl at least 50 yards and all other strokes at least 25 yards. Technique in all the strokes should be strong with good coordination. Can do flip turns, shallow dives and tread water at least 2 minutes. The ratio for Level 6 is one instructor for eight students.

- **YOUTH COMPETITIVE SWIMMING:** An introduction to competitive swimming for children ages 8-16. The program meets three days a week and incorporates swimming along with dry land exercises to build strength. Through this fun program, swimmers will improve endurance, focus on the four competitive strokes, refine their starts and turns, learn good training techniques and good sportsmanship. Prerequisite: Swimmers must be at least a level 5 or above.

CHILDREN'S SPRINGBOARD DIVING

The children's diving classes are designed for children at least 6 years old. Please note the descriptions and prerequisites for the classes below. Safety around an aquatic environment will be a focus throughout the classes.

- **BEGINNING DIVING:** An introduction to springboard diving for the beginner. Learn basic dive skills (hurdle, straight, tuck, pike position) with emphasis on safety. Pre-requisites: Must be able to demonstrate a standing dive from the side of the pool and swim front crawl one length of the diving well. No experience on the board is required. Ages 6-14.
- **INTERMEDIATE DIVING:** A continuation of beginning springboard diving. Build on beginning dive skills (hurdle, straight, tuck, pike position) with emphasis on safety. Twisting and reverse dives will be introduced. Pre-requisites: Passed Beginning Diving or equivalent. Ages 6-16.
- **YOUTH COMPETITIVE DIVING:** Divers should meet the minimum dive requirements for FINA competition in their age group, and/or have the approval of the coach. Training will reinforce the fundamentals of diving (strength and flexibility, board work, posture, body alignment, dive initiation mechanics and entry techniques), while focusing on learning new dives and meet preparation. Ages 8-19 and interested collegiate divers.

SENSORY SWIM

Individual swim lessons designed for adults and children with special needs. Students will be accompanied into the pool with a dedicated personal certified swim instructor to work on life-saving skills, introductory swimming skills in addition to having fun in the water. A parent or other adult is welcome to accompany the student into the water and explore the pool with them. Lessons will aim to improve strength, endurance and coordination while promoting a safe and fun atmosphere. The individual attention from the instructors will also help build self-esteem in a new learning environment. Lesson will be planned for 45 minutes allowing for an additional 15 minutes to provide a smooth transition in and out of the pool. Our pool has a zero depth entry to provide easy access into the water, a lazy river with a gentle current and is kept at 85 degrees.