



CRYSTAL LAKE SANDY BEACH

Swimming Lessons: Level Descriptions

The Parks & Recreation Department will be offering the American Red Cross Six Comprehensive Course Levels Swimming Lessons program at the Crystal Lake Sandy Beach Facility for residents ages 3 years to Adult. Maximum of 10 students per class. Questions please contact Mary Bartley at mbartley@ellington-ct.gov

This program will teach you and/or your child how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level of the Learn-to-Swim program includes training in basic water safety, helping a swimmer in distress, and the skills outlined below:

Adult & Child Aquatics Level 1

Introduces basic skills to parents and children, including safety topics. The instructor works with parents on teaching their children water safety skills and general water safety around the home.

Preschool Aquatics Level

Builds on skills learned in parent and child aquatics with instructors help. Blow bubbles 3 seconds, submerge nose, eyes, mouth, open eyes under water & retrieve object, front and back glide, 2 body lengths, roll from front to back and back to front, treading with arm and hand motions, alternating and simultaneous leg action on front and back, alternating and simultaneous arm action on front and back combined arm and leg action on front and back.

Level 1

Introduction to Water Skills

Enter and exit water safely, open eyes under water, pick up objects, swim on front & back using arm and leg actions, submerge mouth, nose and eyes, float on front and back, follow basic water safety rules, exhale underwater through mouth and nose, explore arm and hand movements, use of life jacket.

Level 2

Fundamental Aquatic Skills

Enter water by stepping or jumping from the side, open eyes underwater, pick up a submerged object, roll over from front to back, to front, swim on side, exit water safely using ladder or side, float on front and back, tread water using arms and leg motions, move in the water while wearing a life jacket, submerge entire head, perform front and back glide, swim on front and back using combined strokes.

Level 3

Stroke Development

Jump into deep water from the side (raft/pool), bob with the head fully submerged, perform survival float, butterfly-kick and body motion, use Check-Call-Care in an emergency, dive from kneeling or standing position, use rotary breathing in horizontal position, change from horizontal to vertical position on front and back, perform the HELP and HUDDLE position with and without life jacket, submerge and retrieve object, perform front and back glide, perform front and back crawl, perform a reaching assist.

Level 4

Stroke Improvement

Front and back crawl, breast stroke, butterfly, elementary backstroke, swim on side using scissors-like kick, use safe diving rules, perform a throwing assist, swim underwater, tread water using sculling arm motions and kick, perform feet-first surface dive, perform compact jump into water wearing a life jacket, care of conscious choking victim.

Level 5

Stroke Refinement

Tread water with two different kicks, learn survival swimming, perform rescue breathing; reach, throw & go, flip turns, side stroke, backstroke flip turn, breaststroke, elementary backstroke, front & back crawl, shallow dive, glide two body lengths and begin any front stroke, tuck and pike surface dives, skull on back.

Level 6

Swimming & Skill Proficiency

Personal Water Safety HELP HUDDLE, fitness swimming, fundamentals of diving, lifeguard readiness.