

# **Learn To Swim-LEVEL DEFINITIONS**

The Altoona Campus is responsible for all swim lessons conducted at The Altoona Campus and the Altoona Aquatics Park. "Altoona Campus - Learn to Swim" program Instructors are trained and certified by us. Remember, all children will learn and progress at different rates.

The Learn to Swim Program is broken into 5 different Levels, and groups within those Levels, as follows:-

**Waterbabies:** W1 and W2

**Beginners:** B1 and B2

**Intermediate:** I1 and I2

**Swimmer:** S1 and S2

**Elite:** Diving, Fitness Swimmer, Lifeguard Readiness, or Synchronized Swimming

**For further information, contact: Mike Foote ... Director of Aquatics**  
**aquatics@altoonacampus.com** **or call 967-0788 Ext. 227**

**NOTE: ... If, for health reasons, you are unsure of whether your child is ready for lessons, we would advise that you consult with your Pediatrician prior to registering for these programs. Please use waterproof Diapers or plastic pants in order to assist in maintaining the highest standards of water quality.**

## **LEVELS and their GROUPS**

Each Level builds upon the other in a logical progression. The groups within each level include their own sets of completion kills, pulling together the individual skills that are taught. Students will learn basic skills, stroke specifics, and will build strength, flexibility, and stamina.

**Successful completion of each Level is preferred, but not required, before moving on to the next.**

You may also discuss the Levels and Groups with our Program Managers at the time of registration

### **WATERBABIES: Infants and Toddlers 6 months–3 years**

Familiarizes children to the water - Provides parents with safety information and teaching techniques. This is a true bonding experience for parents and children.

**W1 ... (6mths – 18mths):-** Basic skills for parents and children. Holding and support techniques, cueing, entry and exit, breath control, submersion, buoyancy, changing direction, and basic safety skills.

**W2 ... (18mths – 3yrs):-** Improve basic skills and learn more advanced techniques. Buoyancy with glides, basic arm and leg actions, passing between parents, rolling over, retrieving objects, and basic safety skills, are all included.

### **BEGINNER: Elementary skills**

**(As a general guideline 3-6yrs of age, or having completed W2)**

**B1 ...** Develop positive attitudes, good swimming habits and safe practices around the water. Blowing bubbles - glides and recoveries - basic actions for treading water – stroke skills - safety skills – 'bobs' - travelling short distances - changing body positions. Specific stroke criteria must also be met. 5 water safety topics and skills will also be covered.

**Completion Skills:**

While wearing a back-pack

Jump in

Submerge

Swim 5 body lengths (5yds.) on front and back, using simultaneous or alternating arm and leg actions.

**B2**- Independent floats and recovery. Learn simultaneous and alternating arm and leg actions, laying the foundation for future strokes, and the beginning of true locomotion. Exit skills include specific stroke criteria; floats and glides, body rolls, changing directions, and recovering to a vertical position. Water safety topics and skills will also be covered.

**Completion Skills:**

Without the aid of a back-pack,

Jump into water

Submerge and swim 5 body lengths (5yds.) of Front Crawl and either Elementary Backstroke, or Back Crawl.

## **INTERMEDIATE:- Fine-tuning of Basic Strokes & Techniques.**

### **(As a general guideline 6-9yrs of age, or having completed B2)**

**I1**- Additional guided practice time and an introduction to deeper water. Survival float, Crawl Stroke, Elementary Back Stroke, Backstroke, breathing and timing, treading water, and introduction to diving. Specific stroke criteria are required. Water safety topics and skills will also be covered.

**Completion Skills:**

Jump into deep water

Tread water for 30secs

Swim 15yds of each of the following strokes: Crawl Stroke, Backstroke, Elementary Backstroke.

**I2**- Fine-tuning of the Freestyle, Elementary Backstroke, and Backstroke. The Instructor will be looking at the details and specifics of the strokes, reinforcing the good habits and eliminating the bad habits before moving on. Examples: Rotary breathing and coordination of the strokes. The foundation must be strong before you continue to build upon the skills.

**Completion Skills:**

Jump in

Tread water for 1min.

Dive into water

Swim 30yds of each of the following strokes: Crawl Stroke, Backstroke, Elementary Backstroke.

## **SWIMMER: Advanced Strokes and Refinement**

### **(As a general guideline 9-11yrs of age, or having completed I2)**

**S1**- Build confidence and improve skills. Increase endurance by swimming familiar strokes over greater distances. Sidestroke and the beginnings of Breaststroke and Butterfly. Basic turns from the wall. Specific kicks for treading water, surface dives, reaching assists, throwing assists, survival swimming. Specific stroke criteria is required. Water safety topics and skills will also be covered.

**Completion Skills:**

Jump in

Tread water for 2mins.

Dive into water

Swim 60yds of each of the following strokes: Crawl Stroke, Backstroke, Elementary Backstroke .

30yds Breaststroke, Sidestroke

15yds Butterfly

Changing positions and directions

**S2**- Improve the coordination of ALL strokes, and increase the distances. Introduce front and back flip turns, Crawl Stroke, Backstroke, Breaststroke, Elementary Backstroke, Sidestroke, Butterfly, Diving entries, and surface dives. Water safety topics and skills will also be covered.

**Completion Skills:**

Jump in

Tread water for 3mins.

Shallow dive

Swim 90yds of each of the following strokes: Crawl Stroke, Backstroke, Elementary Backstroke

60yds of Breaststroke and Sidestroke

30yds Butterfly

Use flip turns or open turns as requested

## **ELITE: Introduction to a Lifetime of Swimming**

**(As a general guideline 11yrs of age or older, or having completed S2)**

Swim with ease, efficiency, power, and smoothness, over greater distances. 4 different activities are available, all of which are designed to provide students with skills for more advanced programs.

### **Diving-**

#### **Pre-requisites:**

60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, and Elementary Backstroke

30yds of Butterfly

Use open turns and/or flip turns as requested

Demonstrate diving progressions from poolside.

Basic stretching exercises, body control, surface dives, and diving from the poolside. Diving board take-offs, forward jumps, and dives in Tuck and Pike positions. Specific safety topics related to Diving will also be covered. This program will also include The Campus Aquatics “ACF Test”. This is a test of aerobic capacity and fitness.

#### **Completion Skills:**

500yds continuous swim using 3 different strokes

Swimming at least 50yds of each stroke

Perform a 2 part take-off with a feet-first entry

Perform a 2 part take-off with a head-first entry

Demonstrate the following: Forward dive in a ‘Tuck’ position and Forward dive in a ‘Pike’ position.

### **Fitness Swimmer-**

#### **Pre-requisites:**

60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, and Elementary Backstroke

30yds of Butterfly

Use open turns and/or flip turns as requested

The Campus Aquatics “ACF Test”.

Circle swimming, using a pace clock, and use of various equipment. Training techniques, heart rates, aquatic exercise, and setting up an exercise program for this session, and beyond.

#### **Completion Skills:**

500yds continuous swim using 3 different strokes

Swimming at least 50yds of each stroke

Present your personal written training program for the next 5 weeks

Perform The Campus Aquatics “ACF Test” and compare results with pre-assessment results. This is a test of aerobic capacity and fitness, and will show an anticipated improvement in fitness since the pre-requisite test.

### **Lifeguard Readiness -**

#### **Pre-requisites:**

60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, and Elementary Backstroke

30yds of Butterfly

Use open turns and/or flip turns as requested

The Campus Aquatics “ACF Test”

Water safety discussion topics, in-water safety skills, reaching and throwing assists, surface dives, and treading water. Also includes approach strokes, and entries and swimming with a rescue tube. Perform survival floats and back floats for a specific time. Deep water diving and retrieval. Fully-clothed swimming, “Button – Unbutton” relay, and importance of knowing First Aid and CPR.

#### **Completion Skills:**

500yds continuous swim using 3 different strokes

Swimming at least 50yds of each stroke

Demonstrate in-water reaching assists and personal safety skills

Successfully complete the “Basic Water Rescue Test”

Perform The Campus Aquatics “ACF Test” and compare results with pre-assessment results.

### **Synchronized Swimming-**

#### **Pre-requisites:**

60yds of Freestyle, Backstroke, Breaststroke, Sidestroke, and Elementary Backstroke

30yds of Butterfly

Use open turns and/or flip turns as requested.

“Gymnastics in the water!” Learn the basic strokes, positions, skulls, transitions, figures, and pool patterns, of Synchronized Swimming. The program consists of 6 specific levels. We will be covering elements from each of the first 3 levels, building towards a separate Synchronized Swim program. (Nose clips are recommended)

500yds continuous swim using 3 different strokes, with a minimum of 50yds of any one stroke.  
Perform the Campus 12 minute 'Fit Test', and compare results with pre-assessment results.

**Completion Skills:**

Perform The Campus Aquatics "**ACF Test**"

Perform a series of skills, transitions, and figures, choreographed by the Instructor

This will be presented to parents on the last night of the program

Participants will demonstrate discipline, self-control, and artistry, during their 5 minute demonstration.

