

Gilbert Parks and Recreation

SWIM LESSON DESCRIPTIONS

Parent/Tot (Ages 6 month - 36 month)

Designed for children to begin the process of learning basic water skills to help them become comfortable and relaxed in a swimming pool environment. This class will cover basic water adaptation, front and back float, and basic survival skills. The child must be accompanied by a parent/guardian (12+ years) in the water who will help the child adapt to the aquatic environment with an instructor's assistance.

Tadpoles (Ages 30 month - 48 month)

This class is geared towards toddlers who are gaining comfort in the water and working on basic swim skills. The goal of this class is to work on the process of swimming without the parent in the water and introduce new swimming skills. This class will cover front and back float, kicks and basic survival skills. In order to pass this class, students must be at least 3 years old and be able to float independently on front and back for at least 10 seconds as well as kick independently for 5 yards. Student/Instructor ratio is 3/1. This class does not involve parents/guardians in the water. If your participant is 3 years old and up, you can skip Parent/Tot as a prerequisite.

Shrimps (Ages 3-5)

Designed for a first-time swimmer who is gaining comfort and confidence in the water. This is for children who cannot place their face in the water. Class focuses on the fundamentals- blowing bubbles, front float, holding their breath underwater, bobbing, and front float with kick. In order to pass this course, students must be able to float independently on front and back for at least 10 seconds as well as kick independently for 5 yards.

Otters (Ages 3-5)

Designed for children who have mastered front and back floating. In order to enroll in this course, children must be able to float on their front and back independently for 10 seconds and kick independently for 5 yards. The class will teach freestyle and backstroke, underwater swim and retrieving objects from the bottom of the pool. In order to pass this course children must be able to swim freestyle and backstroke independently for 10 yards and demonstrate basic survival skills.

Level 1 (Ages 5-15)

Designed for a first-time swimmer who is gaining comfort and confidence in the water. For children who cannot place their face in the water. Class focuses on holding their breath underwater, bobbing, and front float with kick. In order to pass this course, students must be able to float independently on front and back for at least 10 seconds as well as kick independently for 5 yards.



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Level 2 (Ages 5-15)

Designed for children who have mastered front and back floating. In order to enroll in this course, children must be able to float on their front and back independently for 10 seconds and kick independently for 5 yards. The class will teach freestyle and backstroke, underwater swim and retrieving objects from the bottom of the pool. In order to pass this course, children must be able to swim freestyle with rhythmic breathing and backstroke independently for 10 yards, while demonstrating basic survival skills.

Level 3 (Ages 5-15)

The focus of level 3 is coordination of freestyle and backstroke for 15 yards with rhythmic breathing, with an introduction to treading water and elementary backstroke. In addition, safe diving practices from the side of the pool and underwater swimming will be taught. To enroll in this course, children must be able to swim freestyle and backstroke for at least 10 yards. To pass this course, children must be able to swim freestyle with rhythmic breathing and backstroke proficiently for at least 15 yards. Children must also be able to dive from side of pool safely, demonstrate an effective breaststroke kick and complete basic survival skills.

Level 4 (Ages 6-15)

This is the course where children really begin to look like swimmers. Building on the skills already acquired, children will learn to swim at least 25 yards of freestyle and backstroke, increase endurance, master rhythmic breathing, and learn the basics of breaststroke, scissor kick, and turning at the wall. In order to enroll in this course, children must be able to swim freestyle with rhythmic breathing and backstroke proficiently for at least 15 yards. In order to pass this course, students must be able to swim 25 yards of freestyle, backstroke, breaststroke, elementary backstroke and sidestroke. Children must also demonstrate 15 yards of butterfly kick. They must be able to dive safely into the pool and complete basic survival skills.

Level 5 (Ages 6-15)

The purpose of this course is to coordinate and refine the main strokes learned and to introduce the butterfly. In order to enroll in this course, children must be able to swim at least 25 yards for freestyle, backstroke, breaststroke, elementary backstroke and sidestroke. Children must also demonstrate 15 yards of butterfly kick. This class will continue to teach breaststroke, sidestroke and teach effective butterfly. Introduction of diving board skills and flip turns for all strokes will be taught. In order to complete this course, students must be able to swim at least 50 yards freestyle, backstroke, breaststroke, butterfly and elementary backstroke. They must also be able to complete the proper dives from the side of the pool and the board. Students must also be able to complete the open wall turns and competitive turns of all four competitive strokes. If swimmers are able to complete these skills, it is recommended that they sign up for Gilbert Parks and Recreation swim team.

Adaptive (Ages 6 month+)

Student/Instructor ratio is 1/1. Class is available to individuals with disabilities who are unable to participate in a class for the same age or skill level due to limitations.



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Diving (Ages 5-15)

In this class, children will learn approaches and basic dives. This class will cover the proper front and back approaches as well as basic front and back dives. Participants must be able to swim to the side of the pool after going off-board without assistance. We recommend one-piece swimsuits.

Dive Team (Ages 5-17)

A non-competitive program designed to introduce participants to the fun of a dive team environment. Participants must be able to jump off the diving board and swim to pool side unassisted. Practices are typically four days a week. Meets are once a week.

Swim Team (Ages 5-17)

A non-competitive program designed to introduce participants to the fun of a swim team environment. Participants must be able to swim two laps of the pool (50 yards). Practices are typically four days a week. Meets are once a week.

Adult Aquacise (Ages 12+)

This class is a low-impact fun way to stay cool and tone your muscles. This class stresses cardiovascular endurance and introduces exercises to tighten and firm your muscles.

Junior Lifeguard Program (Ages 12-17)

This course is offered by Gilbert Parks and Recreation as a great way to introduce youth to the Lifeguard position as a job choice. It is designed for youth 12-17 years of age who would like to work as a certified lifeguard but are too young or have not taken the required training courses. This is an introductory program which prepares students for real lifeguard duties-pool supervision, CPR, first aid, facility maintenance, and assisting with pool programs such as swim lessons, swim meets, and interacting with the public. Junior Lifeguard training will include rule enforcement, CPR and First Aid demonstrations, various rescue scenarios, and strenuous physical training including daily swimming laps requirements, pushups, and sit ups. Attendance at all activities or trainings is not mandatory but encouraged.