EAST HARTFORD PARKS AND RECREATION

SWIM LESSON LEVEL DESCRIPTIONS

We are proud to be an authorized provider of the American Red Cross Learn-To-Swim Program for ages 6 months and up.

WATERBABIES

Open to children ages 6 months to 3 years (with Parent). Parents & children participate in guided practice sessions that help children learn elementary skills, including bubble blowing, front & back kicking & floating and experience underwater exploration and more.

PRESCHOOL

Open to children ages 4 & 5. Children independently participate in guided practice sessions that help them learn elementary skills, including bubble blowing, front and back kicking and floating and experience underwater exploration and more.

LEVEL 1

Introduction to Water Skills: Open to children ages 6 & up. Learn basic personal water safety information and skills to help participants feel comfortable in the water. At this level, basic aquatic skills are taught including front/back floats, kicking actions, gliding, bobs and more.

LEVEL 2

Fundamental Aquatic Skills: Teaching of fundamental skills that will be used throughout the Learn to Swim program. Swimmers will learn to float without support, and will begin to move through the water independently.

LEVEL 3

Stroke Development: Build on previously learned skills taught by providing additional guided practice. Begin to swim the front crawl and elementary backstroke on their own.

LEVEL 4

Stroke Development: Develop swimmers confidence in the strokes learned thus far and improve other aquatic skills. Swimmers continue to learn new strokes: side-stroke, back-crawl, and will start to develop the breast-stroke and butterfly and the basics of turning at the wall are explored.

LEVEL 5

Stroke Refinement: Coordination & refinement of strokes. Refine performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke), flip turns, increase endurance & distances.

LEVEL 6

Swimming & Skill Proficiency: Refine strokes so participants can swim with greater ease, efficiency, power and smoothness and over greater distances. Personal Water Safety and Fitness Swimming are additional focuses of the class.

TEEN/ADULT

Ages 15 and up. For adults of all ability levels. Instructor will tailor classes to suit the individual needs of each participant.

REGISTER ONLINE AT WWW.EHPARKS.ORG