

2022 Roundtree Swim Lesson Descriptions:

Pre-school Swim Lessons (ages 2 – 5)

This class is for children age 2 -5 with limited swim experience. The focus will be on getting the children to feel comfortable in the water and will address the following skills:

- Submerge face for 3 seconds
- Bob up and down 10 times
- Blow bubbles
- Supported front & back floats
- Supported front & back kicks
- Enter & exit water safely
- Move through the water
- Safety rules

Level 1: Introduction to Water Skills

This class is for children with limited swim experience. The focus will be on getting the children to feel comfortable in the water and will address the following skills:

- Submerge face for 3 seconds
- Bob up and down 10 times
- Blow bubbles
- Supported front & back floats
- Supported front & back kicks
- Enter & exit water safely
- Move through the water
- Safety rules

Level 2: Fundamental Aquatic Skills

Swimmers in this class will focus on learning the following fundamental aquatic skills:

- Submerge face for 3 seconds
- Bob 10 – 15 times
- Retrieve underwater objects
- Orient to deep water
- Independent front & back glides
- Introduction to rhythmic breathing
- Front & back flutter kicks
- Swim front crawl & backstroke 5 yards
- Treading water
- Safety rules

Level 3: Stroke Development

Participants in this class will build upon their fundamental skills with additional practice in deeper water and focus on the following skills:

- Retrieve underwater objects
- Bob 15 times
- Independent front & back glides
- Swim front crawl & backstroke 10 yards
- Introduction to diving / diving rules
- Elementary backstroke
- Further emphasis on treading water
- Safety rules

Level 4: Stroke Improvement

Swimmers will build confidence while improving their strokes and surface dives along with the following:

- Deep water bobs
- Buoyancy and float positions
- Rotary breathing
- Stride & standing dives
- Elementary backstroke
- Front crawl / backstroke
- Introduction to sidestroke
- Treading water
- Safety rules / reaching assists

Level 5: Stroke Development

Participants will further refine their strokes and dives along with building endurance.

- Alternate breathing
- Dive from diving board
- Breaststroke
- Sidestroke
- Elementary backstroke
- Dolphin kick
- Front crawl / backstroke
- Underwater swimming
- Open turns
- Treading water
- Safety rules / assists