

## UNC WELLNESS GROUP SWIM LESSON DESCRIPTIONS

The foundation of the Red Cross Parent and Child Aquatics is a set of basic skills that help prepare infants and young children to become comfortable in the water so they are willing and ready to learn to swim. In addition to orienting young children to the water, Parent and Child Aquatics provides parents with information and techniques to create safer aquatic experiences for their children.

### PARENT-TOT

Ages 6 months to 4 Years. Parent and child are together in the water. You will be learning how to work with your child on water adjustment and exploration, songs, entering and exiting pool safely, parent holding positions, going underwater, front and back glide, and rolling over and kicking on front and back.

### PRE K 3-5 BEGINNERS

**Prerequisites:** The child must be able to separate from parent and participate in class without the parent. Swim assessment prior to registration is required.

*Purpose: Helps students feel comfortable in and around the water*

#### **Beginner Graduation Skills**

1. Enter independently, using either ramp, steps, or side, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds, then safely exit the water. Children can walk, move along the gutter or "swim".
2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds and then recover to a vertical position.

### PRE K 3-5 INTERMEDIATE

**Prerequisites:** Enter independently, using either ramp, steps, or side, travel at least 5 yards, submerge mouth and blow bubbles for at least 3 seconds, then safely exit the water. Children can walk, move along the gutter or "swim". While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds and then recover to a vertical position

*Purpose: This class is for children who have passed Pre K Beginners*

#### **Intermediate Graduation Skills:**

1. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming on front for at least 3 body lengths.

### **PRE K 3-5 ADVANCED**

**Pre-requisites:** Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, and then recover to a vertical position. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming on front for at least 3 body lengths.

*Purpose: Children will build on skills learned in intermediate level through additional practice. Children will be introduced to a very basic freestyle stroke.*

#### **Advanced Graduation skills:**

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

### **PRE K 3-5 STROKE REFINEMENT**

**Pre-requisites:** Step from side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and or back for 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, continue swimming for 5 body lengths.

*Purpose: For children who have not aged into the Youth 6-12 age category but have graduated from the Pre-K 3-5 Advanced class. Children will build on skills learned in advanced level through additional practice. Children will work on refining basic freestyle stroke, elementary backstroke and endurance .*

#### **Stroke Refinement Graduation skills:**

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 30 seconds, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and or elementary back stroke for 15 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

## **Learn-to-swim Youth Ages 6-12**

### **6-12 BEGINNERS**

**Prerequisites:** Must be at least 6 years old. The child must be able to separate from parent and participate in class without the parent.

*Purpose: In this class we will be learning: how to enter the water, blowing bubbles, bobbing, retrieval of submerged objects, front glide and recovery, back glide and recovery, back float, rolling front to back and also back to front, treading actions, beginner stroke front and back, and some basic safety skills.*

#### **Beginner Graduation skills:**

1. Enter independently, using either the ramp, steps, or side, travel at least 5 yards, bob 5 times, safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This can be performed with assistance.)

### **6-12 INTERMEDIATE**

**Prerequisites:** Enter independently, using either the ramp, steps, or side, travel at least 5 yards, bob 5 times, safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position. (This can be performed with assistance.)

*Purpose: In this class we will be learning: Jumping into the water, fully submerging and holding breath, bobbing, open eyes underwater submerged object retrieval, rotary breathing, front glide, 10 second front float, recovery from glide, back glide, back float for 15 seconds, recover from back float, roll from front to back and back to front, change direction of travel while swimming on front or back, treading with arms and legs for 15 seconds, swimming on front 5 body lengths, swimming on back 5 body lengths, and water safety.*

#### **Intermediate Graduation Skills:**

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and /or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back and float for 15 seconds, roll to front then continue swimming for at least 5 body lengths.

## **6-12 ADVANCED**

**Prerequisites:** Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and /or back for 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, then, recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back and float for 15 seconds, roll to front then continue swimming for at least 5 body lengths.

*Purpose: In this class we will be learning: Jumping in and fully submerging and recovering to side, headfirst entry, bobbing to safety, rotary breathing, survival float, back float, changing from vertical to horizontal on front and back, rotate one full turn while in vertical, treading water (1 minute), streamline push off and flutter kick, streamline push off and dolphin kick, front crawl (15 yards), breaststroke kick (15 yards), elementary backstroke (15 yards), scissors kick, and water safety.*

### **Advanced Graduation skills:**

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and or elementary back stroke for 15 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

## **6-12 STROKE REFINEMENT**

**Prerequisites:** Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and or elementary back stroke for 15 yards, then exit the water. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

*Purpose: In this class participants improve their aquatic skills and increase their endurance by swimming the strokes learned in 6-12 Advanced for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned breaststroke and dolphin kick to begin to learn breaststroke and butterfly. Participants are also introduced to open turns at the wall.*

### **Stroke Refinement Graduation skills:**

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, changed direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

## **6-12 ADVANCED STROKE REFINEMENT**

**Prerequisites:** Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, changed direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3-5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

*Purpose: In this class participants refine their performance of all 4 competitive strokes (freestyle, backstroke, butterfly and breaststroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back.*

### **Advanced Stroke Refinement Graduation skills:**

1. Perform a shallow-angle dive into water at least 9 feet deep, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary, then swim backstroke for 25 yards using appropriate and efficient turning styles throughout.

## **6-12 SWIM TECHNIQUE AND CONDITIONING**

**Prerequisites:** Knowledge of 4 basic competitive swim strokes. Must be able to swim 25 yards of each stroke. Must be familiar with starts, turns and circle swimming.

*Purpose: This swim class is designed for participants who are interested in improving stroke technique and increasing endurance. In this 4 week session, participants will work on a different competitive stroke each week, including starts and turns for that stroke.*

## **Learn-to-Swim Ages 13-and up**

### **ADULT 13-AND UP BEGINNER LEVEL 1**

**Prerequisites:** None

*Purpose: Adult Beginner is for teens and adults who want to learn basic water safety and swim skills in a supportive environment. Taught in shallow water, this course is for those new to the pool or need to refresh on basic skills learned in the past. Learn safety skills such as floating on front and back and recovering to a standing position, flip from a front float to a back float, and learn how to tread water, which is keeping the head above water in a vertical position. Participants will learn the body alignment, kick, arm stroke, and breathing for the front crawl (“freestyle”) and elementary backstroke.*

### **Beginner Graduation Skills:**

1. Swim 15 yards front crawl (“freestyle”) with side breathing
2. Tread water for 30 seconds
3. Perform a front float, turn over, and swim 15 yards elementary backstroke

## **ADULT 13-AND UP INTERMEDIATE**

**Prerequisites:** Successful completion of Adult Beginner or ability to swim front crawl (“freestyle”) for half a pool length with side breathing, tread water for 30 seconds, and swim elementary backstroke.

*Purpose: Participants will build on their knowledge of swimming basics while becoming more comfortable in deeper water. This course includes refining the front crawl (“freestyle”) with side breathing to be able to swim full lengths of the pool with an open turn. Swimmers will learn the backstroke and increase their ability to tread water after performing a deep-water entry.*

### **Adult Intermediate Graduation Skills:**

1. Swim freestyle for 2 lengths with an efficient turn without stopping
2. Swim one length of backstroke
3. Deep water entry, tread water for 1 minute, and continue swimming freestyle

## **ADULT 13+ AND UP ADVANCED: FREESTYLE REFINEMENT**

**Prerequisites:** Successful completion of Adult Intermediate or ability to swim freestyle two lengths side breathing without stopping and be comfortable swimming across deep water.

*Purpose: This technique-based class focuses on improving body alignment, breathing, and timing of freestyle (front crawl). Learn how to use drills and training aids to promote positive arm stroke and kicking habits, and practice efficient turns. Designed for fitness swimmers and triathletes who want to develop a more efficient and powerful stroke.*

## **ADULT 13+ AND UP ADVANCED: STROKE REFINEMENT**

**Prerequisites:** Successful completion of Adult Intermediate or ability to swim freestyle two lengths side breathing without stopping and be comfortable swimming across deep water.

*Purpose: This class teaches the other three Olympic strokes: backstroke, breaststroke, and butterfly. Each week we will focus on one stroke and learn the arm movements, kicking, breathing, and timing using drills. You will learn how to incorporate these strokes and drills into your workout and swim them together for an individual medley.*