

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 Swim is intended for those who wish to improve their knowledge and skill for many reasons. It may be to overcome their fear of the water and to learn the basic skills and achieve a minimum level of water competency to improve their skill and technique either to increase their level of safety to improve their health and fitness. This course covers, floating, treading water, and water safety plus body alignment, kicking, arm stroke, and breathing for the front crawl ("freestyle") and elementary backstroke.

Beginner Graduation Skills:

1. Swim 15 yards front crawl with side breathing
2. Tread water for 30 seconds
3. Perform a front float, turn over, and swim 15 yards elementary backstroke
4. Jump into deep water from the side and get to safety (with supervision)

ADULT 13-AND UP INTERMEDIATE

Prerequisites: Achievement of the beginner graduation skills

Purpose: This American Red Cross approved intermediate swim class is designed for participants who are interested in learning new strokes and improving technique and endurance. 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. Swimmers will learn the backstroke and breaststroke, increase their ability to tread water, swim underwater, and learn efficient turns and starting from a dive.

Adult Intermediate Graduation Skills:

1. Swim freestyle for 2 lengths with an efficient turn without stopping
2. Swim one length each of backstroke and breaststroke
3. Swim 5 body lengths underwater
4. Tread water for 1 minute

ADULT 13+ AND UP ADVANCED

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 freestyle and backstroke performance and teaches breaststroke. Learn and how to use drills and training aids to promote stroke efficiency. You will learn how to reduce stroke count while maintaining speed, and how to create your own dynamic swim workouts.