

Oberon Pool Swim Lesson Descriptions

PARENT & CHILD PROGRAM (IPAP)	
<i>Helps develop swimming readiness with the objective of becoming comfortable in, on and around the water.</i>	<i>Child must be at least 6 months to enroll. Parent or caregiver must accompany each child into the water and participate in each class.</i>
<ul style="list-style-type: none"> • Increase knowledge of water safety practices • Provide an opportunity for water adjustment and swimming readiness skills • Use play as a basic form of learning and provide fun and enjoyment in the water 	<ul style="list-style-type: none"> • Encourage participation and socialization • Provide parental involvement in the learning process and reinforce the parent/caregiver's role in the child's learning
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LEVEL 1: INTRODUCTION TO WATER SKILLS	LEVEL 2: FUNDAMENTAL AQUATIC SKILLS
<i>Helps participants feel comfortable in the water.</i>	<i>Gives participants success with fundamental skills.</i>
<ul style="list-style-type: none"> • Enter and exit water using ladder, steps or side • Blow bubbles through mouth and nose • Bobbing • Open eyes under water and retrieve submerged objects • Front and back glides and back float • Recover to vertical position from a front glide and back float or glide • Roll from front to back and back to front • Alternating and simultaneous leg actions on front and back • Alternating and simultaneous arm actions on front and back • Combined arm and leg actions on front and back • Staying safe around aquatic environments • Recognizing the lifeguards 	<ul style="list-style-type: none"> • Enter water by stepping or jumping from the side • Exit water using ladder, steps or side • Fully submerge and hold breath • Bobbing • Open eyes under water and retrieve submerged objects • Front, jellyfish and tuck floats • Front and back glides and back float • Recover from a front and back float or glide to a vertical position • Roll from front to back and back to front • Change direction of travel while swimming on front or back • Tread water using arm and leg actions • Combined arm and leg actions on front and back • Finning arm action on back • Staying safe around aquatic environments
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LEVEL 3: STROKE DEVELOPMENT	LEVEL 4: STROKE IMPROVEMENT
<i>Builds on the skills in Level 2 through additional guided practice in deeper waters.</i>	<i>Develops confidence in the skills learned and improves other aquatic skills.</i>
<ul style="list-style-type: none"> • Enter water by jumping from the side • Headfirst entry from the side in sitting and kneeling positions • Bobbing while moving toward safety • Rotary breathing • Survival float • Back float • Change from vertical to horizontal position on front and back • Tread water • Push off in a streamlined position then begin flutter and dolphin kicks on front • Front crawl and elementary backstroke • Scissors kick 	<ul style="list-style-type: none"> • Headfirst entry from the side in compact and stride positions • Swim under water • Feet-first surface dive • Survival swimming • Front crawl and backstroke open turns • Tread water using 2 different kicks • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Push off in a streamlined position then begin flutter and dolphin kicks on back
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LEVEL 5: STROKE REFINEMENT	LEVEL 6: FITNESS SWIMMER
<i>Provides further coordination and refinement of strokes.</i>	<i>Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.</i>
<ul style="list-style-type: none"> • Shallow-angle dive from the side • Shallow-angle dive from the side then glide and begin a front stroke • Tuck and pike surface dives • Front flip turn and backstroke flip turn while swimming • Tread water • Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly • Standard scull on back • How to call for help and the importance of knowing first aid and CPR 	<ul style="list-style-type: none"> • Increase endurance while swimming the following strokes: front crawl (100 yds), back crawl (100 yds), butterfly (30 yds), breaststroke (50 yds), elementary backstroke (50 yds), sidestroke (50 yds) • Demonstrate the following turns while swimming: front crawl open turn, backstroke open turn, sidestroke open turn, front flip turn, backstroke flip turn, breaststroke turn, and butterfly turn <p>Other topics covered:</p> <ul style="list-style-type: none"> • Personal Water Safety • Fundamentals of Diving