

Johnston Community School District

Learn to Swim Class Descriptions



Parent/Tot

This level starts to build for water exploration and basic skills. Bobbing, floating, gliding and locomotion with the assistance of a parent will be the focus. One parent or adult per child is required to be in the water. Participants must receive a certificate of completion before moving to the next level. Students must be 3 years of age minimum.

Intro to Swim

This class is designed for children who have never been swimming and/or have a fear of the water. The emphasis will be safety, comfort and fun as children learn basic water skills that will help with coordination and confidence in the water. Participants must receive a certificate of completion before moving to the next level.

Level I

To orient participants to the aquatic environment and teach them elementary skills that can be built on as they progress through the Learn-to-Swim Program. Students will blow bubbles, bob, and open their eyes underwater to retrieve an object. Students will also learn to front and back float on their own and learn how to stand back up afterward. Exploration of treading in chest deep water will also be covered along with water safety rules.

Level II

To build on the fundamental aquatic locomotion, safety and rescue skills presented in Level I. Prerequisite: A Learn-to-Swim Level I certificate or demonstrated competency in Level I skills. Students will jump into chest deep water, blow bubbles and submerge and hold their breath under the water. Students will also push off the side into a front float and back float and learn to swim with a combined leg/arm action on their front and back. They will explore finning with their arms and treading.

Level III

To build on the aquatic locomotion, safety and rescue skills presented in Level II by providing participants with additional guided practice. New skills will include rotary breathing, sculling and elementary backstroke. Students will also learn the following leg actions: the scissor, dolphin, and breaststroke kicks. Prerequisite: A Learn-to-Swim Level II certificate or demonstrated competency in Level II skills. Level III students must be able to swim 15 yards of front and back crawl stroke. Level III students will also begin working on their sitting and kneeling dives from the side and treading for 30 sec. with multiple leg actions.

Level IV

To develop confidence and competency in the aquatic locomotion, safety and rescue skills presented in the Learn-to-Swim Program thus far. Prerequisite: A Learn-to-Swim Level III certificate or demonstrated competency in Level III skills. Students will be swimming in deep water for longer distances than Level III swimmers. These swimming distances include: front crawl- 25 yards, back crawl- 15 yards, elementary backstroke- 25 yards, breaststroke- 15 yards, and back crawl- 15 yards. Level IV students will also be learning front crawl and back crawl open turns, butterfly stroke, and sidestroke.

Level V

To coordinate and refine the key strokes presented thus far in the Learn-to-Swim Program. Prerequisite: A Learn-to-Swim IV certificate or demonstrated competency in Level IV skills. Students in Level V will learn tuck and pike surface dives, front and back crawl flip turns, and will tread water for 2 min. Swimmers will be required to swim 50 yards of front crawl stroke and elementary backstroke to pass Level V along with 25 yards of breaststroke, sidestroke, butterfly and back crawl stroke.

Level VI

This Level VI course will have an emphasis on fitness swimming. Students will learn how to use a pace clock, as well as swimming with fins and bull buoys. They will polish strokes presented in previous levels, swim with greater ease, efficiency, power and smoothness over greater distances. The students in Level VI will begin demonstrating turns for each stroke learned along with picking up an object from a depth of 7 feet. Students will increase their endurance by swimming front crawl- 100 yards, back crawl-100 yards, butterfly- 50 yards, elementary backstroke- 50 yards, breaststroke- 50 yards and sidestroke- 50 yards. There is a strong emphasis in this level on water safety and in order to pass students must swim 500 yards continuously using any 3 strokes. Prerequisite: A Learn-to-Swim Level V certificate or demonstrated competency in Level V skills.