



# Franklin Recreation Department

## DESCRIPTION OF SWIMMING LESSONS CHILSON BEACH

### **COURSE: Pre-School**

**Purpose:** To introduce kids to the water

**Prerequisites** Ages 3 and up

#### **Learning Objectives**

- Getting child to feel safe and comfortable in the water by playing simple water games

### **COURSE: Learn-to-Swim Level 1— Introduction to Water Skills**

**Purpose:** To help students feel comfortable in the water and to enjoy the water safely

**Prerequisites** None

#### **Learning Objectives**

- Submerge mouth, nose and eyes
- Exhale underwater (blow bubbles) through mouth and nose (3 seconds)
- Open eyes underwater, pick up a submerged object held at arms length (2 times)
- Show comfort maintaining a front float position, while supported; face may be in or out of the water (5 seconds)
- Recover from a front float to a standing position while supported
- Show comfort maintaining a back float position while supported (5 seconds)
- Recover from a back float to a standing position while supported
- Change direction of travel while walking or paddling
- Roll over from front to back while supported
- Roll over from back to front while supported
- Explore arm and hand movements while treading in chest-deep water with support
- Swim on front using any combination of arm and leg actions while supported (5 feet)
- Swim on back using any combination of arm and leg actions while supported (5 feet)
- Discuss water safety rules
- Discuss how to use a lifejacket
- Demonstrate wearing a lifejacket in the water
- Discuss how to recognize a swimmer in distress
- Demonstrate how to get help

## **COURSE: Learn-to-Swim Level 2— Fundamental Aquatic Skills**

**Purpose** To provide student with opportunities for success with fundamental skills

**Prerequisites** *American Red Cross Learn-to-Swim Level 1: Introduction to Water Skills* certificate or demonstrate all completion requirements in Level 1

### **Learning Objectives**

- Enter water independently by jumping or stepping from the side.
- Exit water independently using a ladder or side
- Submerge entire head (5 seconds)
- Blow bubbles, submerging head in a rhythmic pattern (bobbing) (5 times)
- Open eyes underwater, pick up a submerged object in shallow water (3 times)
- Show comfort maintaining a front float position with face in the water (5 seconds)
- Recover from a front float to a standing position
- Demonstrate a front glide (2 body lengths)
- Float in a face-down position (jellyfish float) (5 seconds)
- Show comfort maintaining a back float position (5 seconds)
- Recover from a back float to a standing position while unsupported
- Demonstrate a back glide (2 body lengths)
- Change direction of travel while paddling on front or back
- Roll over from front to back
- Roll over from back to front
- Tread water, using arm and leg motions, in chest-deep water
- Swim on front using any combination of arm and leg actions while unsupported (15 feet)
- Swim on back using any combination of arm and leg actions (15 feet)
- Swim on side using an alternating or simultaneous leg action (5feet)
- Discuss water safety rules
- Discuss how to use a lifejacket
- Move in the water while wearing a lifejacket
- Discuss how to recognize a swimmer in distress
- Demonstrate how to get help

### **Certification Requirements**

Successfully complete the following exit skills assessment:

**1.** Step from pool side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move into a back float for 5 seconds and return to a standing position.

**2.** Push off and swim using a combination of arm and leg movements for 15 feet on the front, push off and swim using a combination of arm movement for 15 feet on the back.

## **COURSE: Learn-to-Swim Level 3— Stroke Development**

**Purpose** To build on the skills in Level 2 by providing additional guided practice

**Prerequisites** *American Red Cross Learn-to-Swim Level 2: Fundamental Aquatic Skills* cert or demonstrate all completion requirements in Level 2

### **Learning Objectives**

- Jump into deep water from the side
- Demonstrate a headfirst entry from the side in a sitting or kneeling position
- Submerge and retrieve an object (independently) from chest-deep water (3 seconds)
- Bob with head fully submerged, in chest-deep water (5times)
- Demonstrate rotary breathing with body in a horizontal position (5 times)
- Demonstrate a front glide using 2 different kicks (2 bodylengths)
- Demonstrate a survival float in deep water (30 seconds)
- Demonstrate a back glide using 2 different kicks (2 bodylengths)
- Demonstrate a back float in deep water (30 seconds)
- Change from a vertical to a horizontal position on front
- Change from a vertical to a horizontal position back
- Tread in deep water, using hand and leg movements (30 seconds)

Demonstrate each stroke for the following distance:

- Front crawl (15 yards)
- Back crawl (15 yards)
- Butterfly—kick and body motion (15 feet)
  - Discuss general water safety rules
  - Discuss rules for safe diving
  - Enter the water independently using ladder, steps or side while wearing a life jacket
  - Demonstrate the H.EL.P. position (1 minute)
  - Demonstrate the huddle position (1 minute)
  - Demonstrate a reaching assist
  - Discuss Check-Call-Care

**Length** No minimum number of hours suggested

### **Certification Requirements**

Successfully complete the following exit skills assessment:

Jump into chest-deep water from the side, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim back crawl for 15 yards.

## **COURSE: Learn-to-Swim Level 4—Stroke Improvement**

**Purpose** To build student confidence and performance of the swimming strokes learned in Level 3 by providing additional guided practice

**Prerequisites** □ *American Red Cross Learn-to-Swim Level 3: Stroke Development* certificate or demonstrate all completion requirements in Level 3

### **Learning Objectives**

- Demonstrate a dive from a compact or stride or stride position on the side of the pool
- Swim underwater (3 body lengths)
- Demonstrate a feet-first surface dive and submerge completely
- Demonstrate a survival float in deep water (1 minute)
- Demonstrate a back float in deep water (1 minute)
- Demonstrate an open turn using any stroke on front and push off in streamline position
- Demonstrate an open turn using any stroke on back and push off in streamline position
- Tread water using a modified scissors, breaststroke or rotary kick and sculling arm motions (1 minute)
- Demonstrate each stroke for the following distances:
  - Front crawl—25 yards
  - Back crawl—25 yards
  - Butterfly— 15 yards
  - Breaststroke—15 yards
  - Elementary backstroke—15 yards
    - Swim on side using scissor-like kick—15 yards
    - Discuss rules for safe diving
    - Demonstrate a compact jump from a height
    - Demonstrate a throwing assist
    - Demonstrate how to care for a conscious choking victim

### **Certification Requirements**

Successfully complete the following exit skills assessment:

1. Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling), and swim elementary backstroke for 15 yards
2. Swim breaststroke 15 yards, tread water for 1 minute, swim back crawl 25 yards.

## **COURSE: Learn-to-Swim Level 5: Stroke Refinement**

**Purpose** To build on the skills in Level 4 by providing additional guided practice

**Prerequisites** *American Red Cross Learn-to-Swim Level 4: Fundamental Aquatic Skills* certificate or demonstrate all completion requirements in Level 4

### **Learning Objectives**

- Demonstrate a shallow dive from the side
- Demonstrate a shallow dive, glide two body lengths and begin any front stroke
- Swim underwater (15 yards)
- Demonstrate a tuck and pike surface dive, submerging completely
- Demonstrate a survival float (2 minutes)
- Demonstrate a back float (2 minutes)
- Demonstrate a flip turn while swimming on front
- Demonstrate a flip turn while swimming on back
- Tread water using two different kicks (scissors, modified breast, or rotary kick) (2 minutes)
- Demonstrate the following strokes
  - Front crawl—50 yards
  - Back Crawl—50 yards
  - Butterfly—25 yards
  - Breaststroke—25 yards
  - Elementary backstroke—25 yards
  - Sidestroke—25 yards
    - Demonstrate survival swimming (2 minutes)
    - Demonstrate rescue breathing

### **Certification Requirements**

Successfully complete the following exit skills assessment:

1. Perform a shallow dive into deep water, swim front crawl 50 yards, maintain a back float position for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

# **COURSE: GuardStart: Lifeguarding Tomorrow**

## **Purpose**

American Red Cross GuardStart: Lifeguarding Tomorrow is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses.

## **Prerequisites**

- The front crawl for 25 yards continuously while breathing to the front or side.
- Tread water for 1 minute using arms and legs.
- Submerge and swim a distance of 10 feet underwater.

## **Learning Objectives**

### Prevention

- Learn about the causes and ways to prevent drowning and diving accidents.
- Learn how to supervise others around the water
- Learn how to recognize when someone is in trouble.

### Fitness

- Improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard.

### Response

- Demonstrate, with prompting, how to perform self-rescue.
- Demonstrate, with prompting, how to assist others in trouble in the water.
- Demonstrate, with prompting, how to provide basic-level first aid, CPR and AED.

### Leadership

- Learn about leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be part of a team and provide good customer service.

### Professionalism

- Learn how to search and apply for a job and prepare for an interview.
- Understand the importance of providing quality customer service.