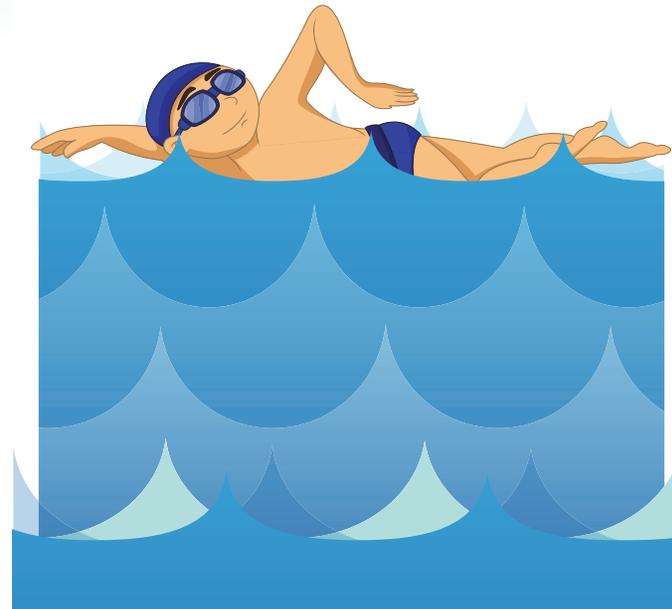


SWIM LESSONS

NAVAL STATION EVERETT
TSUNAMI POOL

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What level should I sign my child up for?
How old is your child?



Swim Lessons

DESCRIPTIONS



enjoyment in the water. Suggested for children who are not yet comfortable with putting their face in the water. Passing requirements (all with instructor support): front float, back float, submerging head, swimming on front and swimming on back.

INTERMEDIATE PRESCHOOL

(ages 3-6 years) continues to increase students' swim skills by encouraging them to float and submerge on their own and introduces basic swimming techniques. Preschoolers learn how to alternate leg and arm actions by themselves, master floating on their own, and become fully comfortable under the water. Suggested for children who can put their face in the water and are ready to explore swimming on their own. Passing requirements (all with instructor assistance): glide on front for two body lengths, roll to back and float for 15 seconds and then recovers. Glides on back for two body lengths, rolls to front and recovers. Swims on front with arm and leg action for 3 body lengths, rolls to back and floats for 15 seconds, rolls to front and continues to swim for three body lengths.

BABY WAVES

(ages 6 months-3 years) course introduces water safety skills to parents and young children, helping both become comfortable and have fun in the water. The main focus of this class is to prepare kids to enter our preschool swim program by allowing them to become comfortable with our instructors. An adult must be present in the water and children must wear tight-fitting water diapers.

BEGINNING PRESCHOOL

(ages 3-5 years) course introduces young children to the water in a fun environment. Focus will be on blowing bubbles, floating, kicking and putting their face in the water. This class involves games and activities to further encourage

ADVANCED PRESCHOOL

(ages 3-6 years) continues to increase students' swim skills independently with little to no assistance. Suggested for children who are comfortable in the water and are swimming small distances on their own. Passing requirements (all independently): bob five times consecutively with a fully submerged head, float on both their back and stomach for five seconds, kick using a barbell, and swim on stomach for two body lengths using any kicking and arm combination. When passing out of Advanced Preschool, students will move directly to Level 2 or 3.

LEVEL 1

Introduces children ages five and older to the water. Students work on skills such as water entry and exit, submerging, floating, glide, and alternating arm and leg movements. Passing requirements: bob five times consecutively, fully submerging head, float on both their back and stomachs for five seconds independently, kick using a barbell independently and swim on stomach for two body lengths using any kicking and arm combination.

LEVEL 2

(ages 3 years and up) students work to master fundamental skills such as floats and glides, while also learning how to swim and tread water independently. The primary strokes taught are

front crawl and elementary backstroke with introductions to breaststroke and backstroke. Passing requirements: jump into the deep end of the pool independently, submerge completely and retrieve a sunken object, float on both their back and stomach for 10 seconds, kick using a kickboard, front and back glide for two body lengths, perform front crawl stroke for 5 body lengths, and perform elementary backstroke for five body lengths.

LEVEL 3

Encourages students to be comfortable in deep water by learning head-first entries and treading water. Students refine their front crawl stroke and elementary backstroke, in addition to increasing their endurance. Students also spend time learning the basics of breaststroke and backstroke. Passing requirements: jump into the deep end of the pool independently, float on both back and



stomach for 30 seconds, front and back glide for five body lengths, front crawl stroke for 15 yards while demonstrating side breathing and proper arm recovery, perform elementary backstroke for 15 yards, and be comfortable entering the water head first from a sitting position.

LEVEL 4

Students work to improve the technique of their front crawl and elementary backstroke, while also improving their endurance and diving skills. In addition, students start to focus on breaststroke, sidestroke and back crawl. Passing requirements: dive into the deep end of the pool from a standing position, tread water for one minute, swim front crawl stroke, elementary backstroke, breaststroke and back crawl stroke for 25 yards (one length of the pool) using proper technique and be able to kick continuously on a kickboard for 50 yards (one lap of the pool).

LEVEL 5

Allows students to refine their stroke by building confidence in the techniques they have learned. They learn butterfly stroke, flip turns and the beginning steps for dives used in competitive swimming. This class helps to prepare students for the swim team and dive team, as well as the American Red Cross Lifeguard Training and Water Safety Instructor courses. After passing all of the skills in level five, students are ready to join a swim team.

YOUTH AQUATIC CONDITIONING

Students continue developing their strokes, build endurance and alternate dry land or aerobic movements. Suggested for students who would like to keep swimming, but not competitively, or students who would like to supplement other sports training.

Class offerings may vary throughout the year.

Contact the pool or visit the website for more information

navylifepnw.com

