

HARTFORD PARKS AND RECREATION DEPARTMENT SWIM LESSONS

The Hartford Parks and Recreation Department administers testing in accordance with Swim Skill Levels set by the American Red Cross. New participants will be tested on the first day of class to determine class level according to ability. Those who have had previous Red Cross Course instruction and have satisfactorily completed the course are recommended to enroll in the next progressive level. An evaluation will be given at the completion of each session, with instructor's recommendation for the appropriate class level in the next course. The Hartford Parks and Recreation Department has updated the swim program in accordance with American Red Cross 2014 revision. The effective date of this change is September 1, 2014. We will no longer teach with the old materials as of this date.

LEVEL	COURSE PRE-REQUISITE	COURSE CONTENT INCLUDES
LEVEL 1 Introduction to Water Skills	Minimum age 5	Underwater swimming and breath control Buoyancy on front and back Swimming on front and back with alternating arm and leg action Combined and simultaneous and alternating stroke on front and back Basic water safety rules Fundamentals of using a lifejacket Front/back glide Treading water Bobs
LEVEL 2 Fundamental Aquatic Skills	Passed Level 1 or Can submerge and open eyes underwater for 3 seconds. Bob and exit water Float on front and back for 5 seconds Use alternating arm action both front & back Glide for 2 body lengths Recover from front/back float	Fully submerging underwater and doing bobs Picking up objects from underwater while keeping eyes open Front and Back Floats – rolling over Front and Back Glides Treading Water Combined arm and leg action front and back – developing distance and endurance Finning Moving in water with a lifejacket Tuck & jellyfish floats Recover to vertical position
LEVEL 3 Stroke Development	Passed Level 2 or Can swim combined stroke on front and back for 5 body lengths Open eyes underwater & pick up a submerged object Hold front and back float for 15 seconds Glide 2 body lengths both front and back	Bobbing with head fully submerged 5x Rotary Breathing Front & Back Glides Treading Water Front Crawl Back Crawl Changing horizontal and vertical positions on front and back Elementary back stroke Breaststroke kick Diving Rules and Basic Skills HELP & Huddle position with lifejacket Jumping in deep water Scissors kick Survival float
LEVEL 4 Stroke Improvement	Passed Level 3 or Can Perform 5 bobs with head fully submerged Jump into deep water from side of pool Tread water for 1 minute Do front crawl for 15 yards Do back crawl for 15 yards Elementary backstroke for 15 yds. Breaststroke kick for 15 yards	Underwater swimming Feet-First surface dive Survival swimming Open turns on front and back Treading water using scissors, breaststroke, or rotary kick and sculling arm action 2 min. Front Crawl Back Crawl Breaststroke Elementary backstroke Butterfly Scissors Kick Safe Diving rules and skills Sculling Push off in streamline Compact & stride jump
Level 5 Stroke Refinement	Passed Level 4 or Can Dive from side of the pool Swim underwater 3 body lengths Do open turns on front and back Tread Water for 2 minutes Front Crawl – 25 yards Breaststroke – 15 yards Butterfly – 15 yards Back Crawl – 25 yards Elementary back stroke – 15 yards Scissors kick – 15 yards	Diving Swimming underwater Tuck and Pike surface Dives Survival Float Flip turns on front and back Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, Sidestroke Sculling Rescue Breathing Shallow angle dive-then swim and tread water for 5 minutes

POLLIWOG (Parent/Child Aquatics Level A – 6 months to 3 yrs)

Course Content: Water Adjustment, Water Entry, Pool Exploration, Front and Back Float, Front and Back Glide, Leg Action on Front and Back, Blowing Bubbles, Underwater Exploration, Rolling over on Front and Back, Lifejackets, Water Exit. Games and Songs will be used to develop water adjustment skills.

GUPPY (Parent/Child Aquatics Level B – 18 months to 3 yrs)

Course Content: Water Adjustment, Water Entry, Pool Exploration, Front and Back Float, Front and Back Glide, Leg and Arm Action on Front and Back (alternating and simultaneous), Bubble Blowing, Drafting, Underwater Exploration, Combined Stroke on Front and Back, Rolling over on Front and Back, Using Pool Ladders and Stairs, Lifejackets, Basic Water Safety Rules.

SUNFISH (Ages 3 years)

The first swimming lesson offered for kids without their parents. They should have completed a Parent/Child course and/or be able to listen to an instructor without parent help. This class will include numerous games and songs to improve your child's comfort level in the water. The skills that will be worked on are: Getting in and out of the pool, walking in the pool without help from an instructor, getting face wet, blowing bubbles, supported front and back floats, using a noodle in the water, and kicking.

DOLPHIN (Ages 4 – 5 years)

Student should have completed Sunfish, be able to put their face in the water and float with support. They will work on front and back flutter kick using combined arm and leg action, front/back glides, breath control, submerging, and front and back float without assistance. Noodles and Kickboards will also be introduced. Various games and songs will be played to assist in the learning process.

TURTLE (Ages 4-5 years)

Student should have completed Dolphin. Fully submerge, change direction while swimming, treading water, combined arm and leg action on front and back, rolling over, front and back float, front and back glide, jellyfish float and recovering to a vertical position will all be learned. They will also learn about lifejackets, sun safety and pool safety topics. Instructors will use songs and games to assist in the learning process.

LEVEL 6 (Fundamental of Diving)

This class is open to anyone who has passed level 5 swimming or can perform the skills required in level 5. It is designed to help develop Swimming & Diving Skills. All Skills taught in level 5 will be worked on to build strength and endurance. Added Skills: Basic Stretching Exercises for Diving, Dive from side from kneeling and compact positions, Dive from side from stride and standing positions, Forward Dive fall in from diving board, 1 and 2 part take off, Forward jump, tuck position, Forward Dive, tuck position, Forward Dive, pike position. Other dives will be learned depending on class size and skill.

LEVEL 6 (Fitness Swimmer)

This class is open to anyone who has passed level 5 swimming or can perform the skills required in level 5. It is designed to improve your stroke, speed, and endurance. A 12 minute cooper swim pre-test will be performed at the beginning and the end of the session. All level 5 skills will be worked on to include all turns. New skills that are introduced are: Demonstrate etiquette in fitness swimming, use a pace clock, use a pull buoy while swimming, use fins while swimming, use paddles while swimming, principles of a fitness program, calculating target heart rate, applying principles of water exercise.

SPECIAL ADAPTIVE SWIM

This program is designed for persons of all ages who are unable to keep up in their regular swim classes (fear of water, physically or mentally disabled). A teen or adult family member is welcome to participate with the student. Red Cross Certified Swim Instructors work directly with the individual.

ADULT SWIM LESSONS - Beginner Instruction or improvement of swim skills. Instruction is geared to individual ability levels. Adults may also participate in all the level 6 classes. Only offered through private swim lessons.