

# SHARON REC/YOUTH

## *SWIMMING LESSONS*

Sharon Rec/Youth will be offering swim lessons at Mudge Pond based on the Red Cross instructional levels. Lessons will be held Mon. thru Fri. 9-noon. Specific lesson times will be announced after completion of registrations. The 'parent/child' group lesson will be one half hour, all other group lessons will run 45 minutes. Each two-week lesson is \$10. Please enter your swimmers at a level they will be comfortable with in their first session, often times a refresher session is helpful.

### Levels

- Parent/Child – all youths 3-5 years of age are welcomed to participate in this group lesson. Children must have a parent/guardian accompany them. The goal of this lesson is to help each swimmer become comfortable in the water.
- Level 1 – Child cannot swim at all.
- Level 2 – Child knows prone and back float, glide and flutter kicking, can perform skills of bobbing, breath holding and object retrieval. Child shows proficiency of front crawl and combined stroke on back for a distance of 5 yards.
- Level 3 – Child can swim front crawl and rotary breathing for ten yards, back crawl for ten yards and elementary backstroke kick for ten yards. Can reverse direction from prone and back positions. Knows use of life jacket, HELP, huddle positions and kneeling and compact tucks.
- Level 4 – Child can swim 25 yards front crawl with rotary breathing, 25 yards back crawl, ten yards elementary backstroke, sculling on back for 5 yards and breaststroke and scissor kicks ten yards each. Can tread water for two minutes.
- Level 5 – Child can swim front and back crawl for 50 yards each, ten yards breaststroke, ten yards sidestroke, 25 yards elementary backstroke and ten yards dolphin kick. Can tread water for two minutes with two different kicks. Can perform standing dive from board and long shallow dive.
- Level 6 – Child can swim 100 yards front and back crawl, 25 yards breaststroke and sidestroke and ten yards butterfly stroke. Can demonstrate various turns, approach and hurdle on diving board, jump tuck from diving board and surface dive.
- Level 7 – Child can swim 500 yards continuously using various strokes. Can perform backstroke kick turn and springboard dive in tuck and pike positions. Knows personal safety and rescue.