

# WATER SAFETY LEVELS

**WATER SAFETY 1** is for beginning swimmers over the age of three. A child in a Water Safety 1 class usually has some reserve about getting in the water or putting their eyes in. Getting wet and participating in class is a huge accomplishment for them. Using trust, patience, and positive reinforcement our instructors teach their students to overcome fear of the water and gain breath control. The main goals are for children in this class to overcome that fear and swim 5 feet independently, with their eyes in the water.

**\*Average number of times 3-9 months depending on child**

## Skills:

- Bubbles
- Eyes in for 5-10 seconds
- Confidently puts eyes in water whenever asked
- Submerges with help
- Gains breath control
- U-turn with help
- Hold wall, climbs out of the pool
- Sit dives and jumps into the pool
- Dive for toys on the stairs
- Relaxed magic pillow ride
- Relaxed back float
- Glides to teacher with eyes in the water
- Propels self, with arm floats

## Goals to Move to WS2:

- ★ Overcome fear of the water
- ★★ Eyes in whenever asked
- ★★★ Independent swim 5 feet w/ sit dive
- ★★★★ Comfortable starfish float on back w/ help

**WATER SAFETY 2** works on increasing confidence when swimming and learning to rollover onto their back to take a breath of air. Using lots of equipment, patience, and positive reinforcement each instructor teaches their students to swim through the water in a horizontal position with straight kicks and expanded breath control. Swimmers are taught many water safety skills including swimming back to the wall if they fall in (U-turn) and rolling over if they need a breath of air. They must also kick on their back the width of the pool and dive to the bottom of the pool to pick up a toy.

**\*Average number of times: 12-18 months**

## Skills:

- Expanded breath control
- Rollovers using arm pulls
- Kicks on back with and without equipment (magic pillow/barbells)
- Rollovers with and without equipment (barbells)
- U-turns and jumping without help
- Relaxed starfish float with help
- Correct kicks (straight legs)

## Goals to Move to WS3: (must be doing goals consistently since they are moving to the length)

- ★ Kicks on back width of pool (APPROXIMATELY 15 FEET)
- ★★ Rollover width of pool
- ★★★ U-turn sitting and standing
- ★★★★ Dive to bottom of pool

# WATER SAFETY LEVELS

**WATER SAFETY 3** is the last class in our water safety program. In this class, students gain endurance by swimming and rolling over the length of the pool. Students work on straight leg kicks without fins and perfecting the skills they learned in their Water Safety 2 class. In this class, we teach that balance is a key to swimming confidence and success. **NOTE: Although your child may be considered water safe by our program standards, no child should ever swim unattended.**

**\*Average number of times 9-12 months**

## **Skills:**

- Straight leg kicks on front and back with long barbell
- Kick on back length of pool with and without fins
- Rollovers length of pool with and without fins using arm pulls
- Review sitting and standing U-turns
- Independent starfish float for 10 seconds

## **Goals to Move to Stroke 1:**

- ★ Straight leg kicks on front and back w/ out fins (APPROXIMATELY 50 FEET)
- ★★ Kicks on back the length of pool w/ out fins (APPROXIMATELY 50 FEET)
- ★★★ Rollovers the length of pool w/ arm pulls w/ out fins (APPROXIMATELY 50 FEET)
- ★★★★ Starfish float for 10 seconds independently