

Learn To Swim

Adult Beginner

CONTACT

For more information,
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REGISTER

Log in to the Aquatic
Center User Portal to
Register, if you have never
been to our facility, please
create a new account, all
others will need to contact
us for log-in information:

304-933-2782 or email
aqua@mylanpark.org



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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Adult Swim: Learning the Basics is geared towards adults who are beginners and help them gain basic aquatic skills and swimming strokes. It is also teaching the appropriate skills and concepts necessary to keep them safe in and around water and to help themselves and others in the event of an aquatic based emergency.

AGES: 12+

DETAILS:

LOCATION: Diving Pool/Huntington Community Pool

INSTRUCTOR(S): 1

PRE-REQUISITES: None

COURSE OFFERING: 60-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Adult Intermediate

Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Increase comfort levels in the water
- Experience breath control, bobbing, & rotary breathing
- Floating in the water on their front & back
- How to move the water (based on the Learn to Swim Level 3 performance criteria)
- Safety skills & how to have safe behaviors in & around the water

WEEK 1

- Establishing comfort in water
- Breath control

WEEK 2

- Glides & floats
- Exiting & entering the water

WEEK 3

- Rolling from front to back
- Combined movement in water

WEEK 4

- Bobbing while moving, glides with kicks
- Elementary backstroke

WEEK 5

- Breaststroke
- Submerging in deep water

WEEK 6

- Changing from vertical to horizontal in deep water

WEEK 7

- No new skills
- Review of all previous skills

WEEK 8

- Exit Skills Assessment

Learn To Swim

Adult Intermediate

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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Adult Swim: Improving Skills and Swimming Strokes helps participants improve proficiency in basic aquatic skills and the six basic swimming strokes (Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke). It also teaches appropriate skills and concepts needed to stay safe in and around the water, and help themselves or others in the event of an aquatic based emergency.

AGES: 12+

DETAILS:

LOCATION: Diving Pool/Huntington Community Pool

INSTRUCTOR(S): 1

PRE-REQUISITES: Participants must be: *Comfortable in chest-deep water, Able to put face in water, Able to perform strokes that can be recognized as Front Crawl, Breaststroke and Back Crawl*

COURSE OFFERING: 60-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Intro to Lap Swim

Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Improve fundamental aquatic skills
- Improve effectiveness & efficiency of swimming strokes (based on Level 5 Stroke performance Criteria)
- Improve ability to swim continuously
- Build swimming endurance
- Safety skills & behaviors in & around the water

WEEK 1

- Review of Exit Skills Assessment from Adult Beginner Swim

WEEK 2

- Rotary breathing drills
- Kicking on back

WEEK 3

- Front crawl & back crawl drills
- Treading water

WEEK 4

- Kicks
- Treading water
- Butterfly arms

WEEK 5

- All strokes
- Flip turns

WEEK 6

- All strokes, drills, & increase distance

WEEK 7

- No new skills
- Review of all previous skills

WEEK 8

- Exit Skills Assessment

Learn To Swim

Intro to Lap Swim

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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Adult Swim: Swimming for Fitness (Intro to Lap) is meant to refine participants' Front Crawl, Back Crawl, and Breaststroke strokes and turns while building up their endurance. This course also teaches the skills and concepts necessary to stay safe in and around water.

AGES: 12+

DETAILS:

LOCATION: Huntington Community Pool

INSTRUCTOR(S): 1

PRE-REQUISITES: Participants must be able to swim the following strokes at the level of performance described in Level 4 Stroke performance chart: *Front Crawl for 25 yards, Breaststroke for 15 yards, Back Crawl for 25 yards*

COURSE OFFERING: 60-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Intro to Lap Swim

Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Improve effectiveness & efficiency of swimming strokes (based on Level 6 Stroke performance Criteria)
- Front Crawl, Back Crawl, Breaststroke, & Butterfly with flip turns
- How to create & develop a swim workout

WEEK 1

- How to read pace clocks
- Distance training

WEEK 2

- Intervals
- Reading workouts
- Understanding 'sets'

WEEK 3

- Using equipment & why
- Drills using fins

WEEK 4

- All strokes with turns
- 100-yard medley

WEEK 5

- Breaststroke turns with pull-out
- Front crawl, back crawl with equipment

WEEK 6

- Interval distance training
- In-water stretching

WEEK 7

- Stroke drills

WEEK 8

- Exit Skills Assessment