

Learn To Swim

Pre-Swim 1

CONTACT

For more information,
contact Miranda Buiter at:

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304.933.2782

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:

Pre-Swim Level 1: This class familiarizes children approximately 3-6 years of age to the aquatic environment and help them acquire basic swimming skills. It is to help participants begin to develop positive attitudes and develop safe practice in and around water.

Pre-Swim Level 1 skills may be performed with support from the instructor.

AGES: 3 TO 6

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: Little or no experience in swimming classes, or for 3-year-olds who have taken Pre-Swim 1 or comparable experience within water

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Pre-Swim Level 2

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

OBJECTIVES:

- Entering & exiting water via ramps, steps, or side of the pool
- Breath control
- Submerging under water & retrieving objects
- Gliding on their fronts & back and recovering
- Rolling from front to back
- Treading in chest-deep water
- Swimming on front
- Water safety components: staying safe around water, recognizing a lifeguard, how to call for help

WEEK 1

- Entering & exiting water safely with assistance

WEEK 2

- Opening eyes under water
- Front gliding

WEEK 3

- Back gliding
- Recovering from back float to standing

WEEK 4

- Alternating leg movement
- Alternating arm movement

WEEK 5

- Combined arm movement
- Combined leg movement

WEEK 6

- Rolling from front to back
- Treading water intro

WEEK 7

- No new skills
- Review of all previous skills

WEEK 8

- Exit Skills Assessment

Learn To Swim

Pre-Swim 2

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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Pre-Swim Level 2: This class will involve building on and improving skills learned in Pre-Swim Level 1. It is to help participants begin to develop positive attitudes and develop safe practice in and around water.

Pre-Swim Level 2 skills may be performed with support from the instructor.

AGES: 3 TO 6

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: Must successfully demonstrate the skills of the Pre-Swim Level 1 exit skills assessment

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Pre-Swim Level 3

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

OBJECTIVES:

- Entering & exiting into shoulder-deep water
- Breath control & bobbing
- Submerging under water & retrieving objects
- Gliding on their fronts/back & recovering
- Rolling form front to back
- Treading in shoulder-deep water
- Swimming on front
- Water safety components: staying safe around water, recognizing a lifeguard, how to call for help

WEEK 1

- Review of Pre-Swim Level 1 skills

WEEK 2

- Opening eyes underwater with object retrieving
- Back floats

WEEK 3

- Gliding on front & back
- Combined arm & leg actions on front

WEEK 4

- Combined arm & leg action on back

WEEK 5

- Finning arm actions on back
- Rolling front to back

WEEK 6

- Treading water using arms & legs

WEEK 7

- Review of all previous skills

WEEK 8

- Exit Skills Assessment

Learn To Swim

Pre-Swim 3

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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Pre-Swim Level 3: This class aims to increase the proficiency and build on the basic skills learned in Pre-Swim Level 1 and Pre-Swim Level 2. The class will reinforce water safety concepts and skills learned in earlier levels and introduce additional water safety topics.

Pre-Swim Level 3 skills may be performed with minimal support from the instructor.

AGES: 3 TO 6

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: Must successfully demonstrate the skills of the Pre-Swim Level 2 exit skills assessment

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Pre-Swim Level 4 / Level 1 (age dependent)
Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Entering & exiting into deep water
- Breath control, bobbing, & rotary breathing
- Submerging under water & retrieving objects
- Gliding on their fronts/back & recovering
- Floating face-down & face-up
- Treading in shoulder-deep water
- Swimming on front, back, & changing direction while in water
- Water safety components: staying safe around water, recognizing a lifeguard, how to call for help

WEEK 1

- Review of Pre-Swim Level 2 skills

WEEK 2

- Floating independently
- Recovering from front floats

WEEK 3

- Combined arm & leg actions front

WEEK 4

- Back floats & recovery

WEEK 5

- Changing direction while swimming

WEEK 6

- Changing direction while swimming

WEEK 7

- Treading water
- Finning arm actions

WEEK 8

- Exit Skills Assessment

Learn To Swim

Pre-Swim 4

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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Pre-Swim Level 4: An advanced introductory course for those who have demonstrated high aptitude for swimming but are below the age threshold for our Youth Learn to Swim Levels for ages 6 -12 .

Pre-Swim Level 4 skills are performed independently by participant(s).

AGES: 3 TO 6

DETAILS:

LOCATION: Huntington Community Pool **INSTRUCTOR(S):** 1

PRE-REQUISITES: Must successfully demonstrate the skills of the Pre-Swim Level 3 exit skills assessment

COURSE OFFERING: 30-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Level 2 (ages 6 - 12 years)

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

OBJECTIVES:

- Entering & exiting into deep water
- Breath control, bobbing, & rotary breathing
- Submerging under water & retrieving objects
- Gliding on their fronts/back & recovering
- Floating face-down & face-up
- Treading in shoulder-deep water
- Swimming on front/back, & changing direction while in water
- Water safety components: staying safe around water, recognizing a lifeguard, how to call for help

WEEK 1

- Review of Pre-Swim Level 3 skills

WEEK 2

- Gliding on front and back without assistance

WEEK 3

- Changing direction while on their front

WEEK 4

- Treading in chest-deep water

WEEK 5

- Jumping into water that goes overhead

WEEK 6

- Retrieving objects from deep water

WEEK 7

- Review of all previous skills

WEEK 8

- Exit Skills Assessment