

Learn To Swim

Level 1

DESCRIPTION:

AGES: 6 TO 12

CONTACT

For more information,
contact Miranda Buiuter 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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Learn to Swim Level 1: Introduction to Water Skills is to orient participants to the aquatic environment and help them gain basic swim skills. It is also to help participants begin to develop a positive attitude and safe practices around water.

Level 1 skills may be performed with assistance from a swim instructor.

DETAILS:

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

PRE-REQUISITES: None; participants start this class at age 6

COURSE OFFERING: 45-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Learn to Swim Level 2

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

OBJECTIVES:

- Exiting & entering water
- Breath control & submerging; object retrieving
- Floating on their front/back, and gliding
- Changing direction & body position while in the water
- Swimming on their front/back with arms and legs
- Water safety topics: staying safe around water, recognizing lifeguards, recognizing an emergency, how to call for help

WEEK 1

- Submerging to mouth & nose
- Entry & exit into water

WEEK 2

- Alternating movements for arms & legs

WEEK 3

- Simultaneous swimming with arms & legs

WEEK 4

- Floating on back with assistance

WEEK 5

- Bobbing
- Glides with support

WEEK 6

- Entering using ramp/steps
- Glides with recovering

WEEK 7

- Review of all previous skills
- Swimming with a life jacket

WEEK 8

- Exit Skills Assessment

Learn To Swim

Level 2

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Peak Health Aquatic Center & Track Complex

DESCRIPTION:

Learn to Swim Level 2: Fundamental Aquatic Skills is building upon the basic swimming skills and concepts learned in Learn to Swim Level 1. Participants who have successfully completed Level 1 or have comparable skills will focus on developing safety skills and begin to add movement in the water.

Level 2 skills may be performed with assistance from a swim instructor.

AGES: 6 TO 12

DETAILS:

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

PRE-REQUISITES: Must successfully demonstrate Level 1 exit skills

COURSE OFFERING: 45-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Learn to Swim Level 3
Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Exiting & entering water
- Breath control & rotary breathing
- Bobbing & object retrieving via submerging underwater
- Floating on their front/back & gliding
- Changing direction & body position while in the water
- Swimming on their front/back with arms & legs
- Water safety topics: staying safe around water, recognizing lifeguards, recognizing an emergency, how to call for help

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> • Level 1 skills review • Bobbing away from wall & back • Floating 	<ul style="list-style-type: none"> • Kicking drills • Submerging • Finning action with arms 	<ul style="list-style-type: none"> • Stepping into the pool from the side • Arm-stroke drills 	<ul style="list-style-type: none"> • Combined arm & leg action while swimming
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> • Treading water with leg motions 	<ul style="list-style-type: none"> • Pushing off the wall/combining with arms & legs 	<ul style="list-style-type: none"> • Review of all previous skills 	<ul style="list-style-type: none"> • Exit Skills Assessment

Learn To Swim

Level 3

DESCRIPTION:

AGES: 6 TO 12

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Learn to Swim Level 3: Stroke Development is building upon the basic swimming skills and concepts learned in Learn-to-Swim Level 1 and Learn to Swim Level 2 to help participants achieve water competency in a swimming environment. Participants who have successfully completed Level 2 or have comparable skills will focus on developing safety skills and begin to add movement in the water.

Level 3 skills may be performed with assistance from a swim instructor.

DETAILS:

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

PRE-REQUISITES: Must successfully demonstrate Level 2 exit skills

COURSE OFFERING: 45-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Learn to Swim Level 4
Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Exiting & enter water that goes over-head
- Entering headfirst into water
- Front Crawl & Breaststroke
- Elementary Backstroke
- Breath control & rotary breathing

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> • Exit skills assessment from Level 2 	<ul style="list-style-type: none"> • Bobs while moving • Jellyfish floating • Survival floating • Flutter kick 	<ul style="list-style-type: none"> • Jumping into deep water/return to surface • Pushing off wall gliding • Dolphin kicks 	<ul style="list-style-type: none"> • Rotary breathing drills • Elementary Backstroke coordination
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> • Scissor kick • Breaststroke drills • Headfirst entry 	<ul style="list-style-type: none"> • Swim /Front Crawl/treading water • HELP Position 	<ul style="list-style-type: none"> • Pushing off streamlined into Breaststroke • Practice exit skills 	<ul style="list-style-type: none"> • Exit Skills Assessment

Learn To Swim

Level 4

DESCRIPTION:

AGES: 6 TO 12

Learn to Swim Level 4: Stroke Improvement improves the participants' proficiency in performing the swimming strokes that were introduced within Learn to Swim Level 3.

CONTACT

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DETAILS:

LOCATION: Diving Pool/Huntington Community Pool

INSTRUCTOR(S): 1

PRE-REQUISITES: Must successfully demonstrate Level 3 exit skills

COURSE OFFERING: 45-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Learn to Swim Level 5, Swim Gym, Club Swim Team, Diving Courses, Club Diving Team
Repeated class based on age and progression; must demonstrate competency in all required skills and activities, including in-water skills

OBJECTIVES:

- Headfirst entry into water
- Swimming underwater without hyperventilating
- Feet-first surface dives
- Front Crawl, Back Crawl, & treading water
- Front Crawl, Breaststroke, & Butterfly Stroke
- Elementary Backstroke & Sidestroke
- Water Safety Topics: reaching & throwing assists, Look Before You Leap

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> • Exit skills assessment from Level 3 	<ul style="list-style-type: none"> • Pushing off wall in streamline position • Treading water • Headfirst entry 	<ul style="list-style-type: none"> • Back Crawl - coordination • Sidestroke drills • Breaststroke drills 	<ul style="list-style-type: none"> • Feet-first surface dives • Breaststroke coordination • Butterfly drills
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> • Survival swimming skills • Sidestroke coordination 	<ul style="list-style-type: none"> • Sidestroke • Butterfly • Front crawl • Backstroke 	<ul style="list-style-type: none"> • Open turns for strokes • Practice exit skills 	<ul style="list-style-type: none"> • Exit Skills Assessment

Learn To Swim

Level 5

DESCRIPTION:

AGES: 6 TO 12

Learn to Swim Level 5: Stroke Refinement helps participants refine their performance of all six of the swimming strokes (Front Crawl, Back Crawl, Butterfly, Breaststroke, Elementary Backstroke, and Sidestroke).

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DETAILS:

LOCATION: Diving Pool/Huntington Community Pool

INSTRUCTOR(S): 1

PRE-REQUISITES: Must successfully demonstrate Level 4 exit skills

COURSE OFFERING: 45-minute class offered once per week over the course of 6-8 weeks (dependent on session schedule)

NEXT CLASS LEVEL: Swim Gym, Club Swim Team, Diving Courses, Club Diving Team

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

OBJECTIVES:

- Headfirst entry into water
- Swimming underwater without hyperventilating
- Feet first surface dives
- Front Crawl, Back Crawl, & treading water
- Front Crawl, Breaststroke, & Butterfly Stroke
- Elementary Backstroke & Sidestroke
- Water Safety Topics: reaching & throwing assists, Look Before You Leap



Scan to Register!

WEEK 1	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> • Exit skills assessment from Level 5 	<ul style="list-style-type: none"> • Bobs, Front Crawl with flip turns • Back stroke with flip turns 	<ul style="list-style-type: none"> • Butterfly • Sidestroke 	<ul style="list-style-type: none"> • Elementary backstroke • Breaststroke • Butterfly • Tuck/pike surface dives
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> • Bobs • Sculling in water • Shallow-angle dives 	<ul style="list-style-type: none"> • Tuck/pike surface dives sculling • Shallow angle dive with glides 	<ul style="list-style-type: none"> • Bobbing while moving to safety • Shallow angle dives with glide to swim 	<ul style="list-style-type: none"> • Exit Skills Assessment