

# Learn To Swim

## Level 1

### DESCRIPTION:

**AGES: 6 TO 12**

### CONTACT

For more information,  
contact Miranda Buiuter at:

[mbuiter@mylanpark.org](mailto:mbuiter@mylanpark.org)  
304.993.2782

### REGISTER

Log in to the Aquatic  
Center User Portal to  
Register, if you have never  
been to our facility, please  
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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	WEEK 2	WEEK 3	WEEK 4
<ul style="list-style-type: none"> <li>• Submerging to mouth &amp; nose</li> <li>• Entry &amp; exit into water</li> </ul>	<ul style="list-style-type: none"> <li>• Alternating movements for arms &amp; legs</li> </ul>	<ul style="list-style-type: none"> <li>• Simultaneous swimming with arms &amp; legs</li> </ul>	<ul style="list-style-type: none"> <li>• Floating on back with assistance</li> </ul>
WEEK 5	WEEK 6	WEEK 7	WEEK 8
<ul style="list-style-type: none"> <li>• Bobbing</li> <li>• Glides with support</li> </ul>	<ul style="list-style-type: none"> <li>• Entering using ramp/steps</li> <li>• Glides with recovering</li> </ul>	<ul style="list-style-type: none"> <li>• Review of all previous skills</li> <li>• Swimming with a life jacket</li> </ul>	<ul style="list-style-type: none"> <li>• Exit Skills Assessment</li> </ul>

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## Level 2

### CONTACT

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

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

# 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.

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

# 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

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