



Vernon Parks & Recreation

LEARN TO SWIM LEVEL DESCRIPTIONS

BABY & ME: 18 MONTHS - 3 YEARS OLD

INTRODUCE YOUR CHILD TO THE WATER IN THIS UNSTRUCTURED CLASS. STAFF IS AVAILABLE TO OFFER TIPS USING ACTIVITIES, TOYS AND SONGS. PARTICIPATE WITH YOUR BABY IN YOUR GRASP IS REQUIRED. 1 PARENT PER CHILD AND SWIM DIAPERS REQUIRED.

SEAHORSE: 3-4 YEARS OLD

THIS CLASS IS FOR THOSE JUST GETTING STARTED IN SWIMMING LESSONS. CLASS INTRODUCES BREATH CONTROL, BASIC FLOATING, BALANCE AND CHANGING DIRECTIONS. PARENT PARTICIPATION IS OPTIONAL.

CLASSES FOR 5-17 YEAR OLDS

MINNOW (LEVEL 1)

THIS CLASS COVERS WATER SAFETY RULES, SAFE WATER ENTRY AND EXITS, BREATH CONTROL, FLOATING, BALANCE, CHANGING DIRECTIONS AND ROLLING OVER. IF YOUR CHILD HAS NEVER TAKEN LESSONS OR IS UNSURE IN THE WATER THEY SHOULD START HERE.

GOLDFISH (LEVEL 2/3)

LEARN HOW TO FLOAT AND BALANCE ON THE FRONT, BACK AND SIDE, UNDERWATER MOVEMENTS AND RETRIEVAL SKILLS. WATER SAFETY DAY.

TUNA (LEVEL 3/4)

LEARN KICKS USED IN ALL SWIM STROKES, PULLS USED IN SIDE STROKES AND ELEMENTARY BACK STROKE. BEGIN TREADING, HELP AND HUDDLE POSITIONS INTRODUCED. WATER SAFETY DAY.

www.vernonrec.org

