



VERNON PARKS AND RECREATION

LEARN TO SWIM GROUP LEVEL DESCRIPTIONS

BABY & ME: 18 MONTHS - 3 YEARS OLD

INTRODUCE YOUR CHILD TO THE WATER IN THIS UNSTRUCTURED PROGRAM. STAFF IS AVAILABLE TO OFFER TIPS USING ACTIVITIES, TOYS AND SONGS. PARTICIPATE WITH YOUR CHILD IN YOUR GRASPS IS REQUIRED. ONE PARENT PER CHILD AND SWIM DIAPERS ARE REQUIRED.

INTRODUCTION: 3-4 YEARS OLD

THIS CLASS IS FOR THOSE JUST GETTING STARTED IN SWIMMING LESSONS. 30-MINUTE GROUP CLASSES INTRODUCES BREATH CONTROL, BASIC FLOATING, BALANCE AND CHANGING DIRECTIONS. PARENT PARTICIPATION IS OPTIONAL

CLASSES FOR 5 - 17 YEARS OLD

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.

LEVEL 2

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

LEVEL 3

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.

LEVEL 4

SWIMMERS LEARN UNDERWATER SWIMMING, SURFACE DIVING, PULLS FOR COMPETITIVE STROKES. WATER SAFETY DAY.

VERNON GATORS SWIM TEAM

IF YOU'VE MASTER ALL THESE LEVELS, OR YOU ARE LOOKING TO BE PART OF A FUN SUMMER SWIM TEAM, LOOK INTO THE VERNON GATORS. THE GATORS ARE FOR SWIMMERS AGES 5-18. YOU MUST BE ABLE TO SWIM THE LENGTH OF HOROWITZ POOL UNASSITED AND WITHOUT STOPPING.

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