



Swimming Lesson Descriptions

The De Pere Parks, Recreation and Forestry Department Swim Lesson Program helps swimmers of all skills and abilities develop their swimming and water safety skills. The program is designed to give students a positive learning experience while progressing steadily through the skills. Each level includes swimming skills as well as water safety lessons both for pools and open water. If you are unsure what level to enroll in, contact the Parks and Recreation Supervisor and he/she will help you choose the appropriate class.

LEVEL 1A (AGES 3 – 4 YEARS OLD)

Blowing bubbles, putting face in water, back and front float with assistance, front crawl arm action, exit water on their own, games that assist with water acclimation and basic water movements (kicking, arm action, breath control). Focus is on water acclimation, fun and comfort in the water.

LEVEL 1B (AGES 3 - 5 YEARS OLD, OR PASSED 1A)

Enter & Exit water independently, front and back float with support, 3 bobs, blow bubbles, front and back crawl with assistance. Focus is on skills needed to progress to Level 2 while having fun in the water.



LEVEL 2

Fully submerge head & hold breath for 3 seconds, jump into water, 10 bobs, front float and back float unassisted 5 seconds, front & back glide 2 body lengths, front and back crawl unassisted 5 yards, retrieve a submerged object 2 times assisted.

LEVEL 3

Enter water by jumping in from the side into deep water, retrieve a submerged object 2 times unassisted, front & back glide 5 body lengths, tread water for 30 seconds, front crawl with rotary breathing 15 yards, back crawl 15 yards, elementary backstroke kick 15 yards, head first entry from the side in a sitting & kneeling position.

LEVEL 4

Front crawl with rotary breathing 25 yards, back crawl 25 yards, elementary backstroke 15 yards, breaststroke & sidestroke (scissors) kick 15 yards, front and back open turns, tread water for 2 minutes (using two different kicks), standing front dive from side of pool, feet first surface dive, survival swimming for 30 seconds.

LEVEL 5

Front crawl with alternate breathing 50 yards, back crawl 25 yards, elementary backstroke 25 yards, sidestroke and breaststroke 15 yards, dolphin kick 15 yards, tread water for 5 minutes (using two different kicks), tuck and pick surface dives, long shallow dive, survival swimming for 1 minute.

LEVEL 6

Front crawl and back crawl 100 yards, breaststroke and sidestroke 25 yards, butterfly 15 yards, front and back flip turns, open turn (sidestroke), tread water for 6 minutes (1 minute w/o hands, 2 minutes w/ hands x 2), speed turn and pull out for breaststroke, surface dive & retrieve an object from the bottom (8-10 ft. deep).



For Your Information

PARENT OBSERVATION:

Parents or others will not be allowed on the decks or inside the fence areas to watch swim lessons. In order to assist us in offering a quality program for your child, we ask that you remain outside the fence. Experience has shown that children are easily distracted by their parents and/or siblings due to their short attention spans. Our instructors always welcome the opportunity to discuss participant's progress with parents. Please contact your instructor or the pool manager before or after class with any special concerns.

GOGGLES:

For levels 1-3 we do not recommend goggles because children need to learn to be comfortable in the water without any aids. However, with the upper level classes, goggles are recommended as students are expected to spend a significant amount of time doing a variety of skills with their faces in the water. Goggles will help to reduce eye irritation. Please note: mask type goggles with the nose piece attached are strictly prohibited. Masks such as these inhibit breath control and underwater nasal exhalation which is imperative for successful completion of the swim skills learned in the upper levels.

CLASS PROGRESSION:

Please verify your child's next class level with their current instructor. Swimmers **do not** automatically advance to the next level.

DIAPER POLICY:

Children who are not toilet-trained are required to wear swim diapers under appropriate swim wear. Removing diapers for swimming is not acceptable.



City of De Pere Parks, Recreation and Forestry

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