Children’s Swim Program
Class Descriptions
(Updated for Fall 2017)

If you are unsure on what class to enroll your child in, please contact the Pool Manager (bsussman@ku.edu) as they will be able to assist you in enrolling your child for the class that best fits their swimming needs. Level placement swim tests are available at no charge.

**Fall 2017 swim lessons will be held on:** September 9th, 16th, 23rd, 30th; October 7th (3pm-5pm), 28th; November 4th (3pm-5pm), 11th, 18th; December 2nd

**Parent/Child**

Age: 6-36 months

Time: **12:15pm-12:45pm** Fall 2017

**Description of Parent/Child Class:**

A **Swim Diaper is required** for this class.

You and your child will:

- Be exposed to the water in a fun and safe environment.
- Explore the water through various swimming and water safety skills.
- Parents will gain valuable knowledge on keeping their children safe in and around water

**Pre-School**

**Recommended age:** 3-5 years

Time: **10:00am-10:45am** Fall 2017

**Children must be potty trained to participate.**

**Description of Pre-School Class:**

Your child will learn the following:

- Learn how to blow mouth bubbles/get face wet
- Learn how to float on their front/back with support of an instructor
- Learn alternating kick movements (i.e. flutter kick)
- Learn alternating arm movements (i.e. front crawl/back crawl) with support of an instructor
- Practice swimming front crawl/back crawl with instructor in preparation for Level 1
- Learn water safety skills
Level 1 (Pre-Beginner)

(Note: this level may be combined with Level 2)

Recommended age: 5 years and up OR has passed Pre-School

Time: 10:00am-10:45am Fall 2017

Description of Level 1 Class:

- Your child will learn the following:
  - Enter and exit water on own (via pool side/ladder)
  - Fully submerge mouth, nose and eyes under water for 5 seconds
  - Floating on front and back both supported and unsupported
  - Experience kicking motion (i.e. flutter kick) on front and back both supported and unsupported
  - Learn alternating arm action (i.e. front crawl/back crawl arms) with support
  - Learn basic water safety skills

Level 2 (Beginner)

(Note: this level may be combined with Level 1)

Pre-requisite to class: pass level 1 or swim test.

Time: 10:00am-10:45am Fall 2017

Before enrolling your child in this class, please assess your child’s skills on the following:

- Child can put their face in the water (mouth, nose and eyes)
- Child can float on front/back on own with minimal support
- Child has been exposed to swimming on their front and back using arm and kicking motions and can do so with minimal support
  **If your child is not comfortable in the water doing the above**, please enroll them in Level 1 (Pre-Beginner) or contact the pool manager.

Description of Level 2 Class:

Your child will learn the following:

- Fully submerge head under water/retrieve objects under water
- Front and back float, unsupported
- Front and back glide, unsupported
- Flutter kick on front and back, with minimal support
- Swim front crawl (arm and leg motions) with minimal support
- Swim back crawl (arm and leg motions) with minimal support
- Learn bobbing underwater
- Learn how to properly tread water with minimal support
- Learn Basic Water Safety Skills
Level 3 (Beginning Intermediate)

Pre-requisite to class: pass level 2 or swim test.

Time: 11:00am-11:45am Fall 2017

Before enrolling your child in this class, please assess your child’s skills on the following:

- Your child can fully submerge their head underwater for 5 seconds
- Your child can float on their front and back independently
- Your child can swim front crawl (freestyle) without support
- Your child can swim back crawl (backstroke) without support

Description of Level 3 Class:

- Your child will learn the following:
  - Jump properly into deep water
  - Tread in deep water for 30 seconds
  - Learn how to dive into deep water using a sitting and kneeling dive position
  - Front and back glide off wall with no support
  - Swim front crawl and back crawl with not support, 10 yards
  - Learn rotary breathing (side breathing) for front crawl
  - Introduce butterfly kick on front
  - Learn safe diving rules
  - Learn Basic Water Safety Skills

Level 4 (Intermediate)

Pre-requisite to class: pass level 3 or swim test

Time: 11:00am-11:45am Fall 2017

Before enrolling your child in this class, please assess your child’s skills on the following:

- Your child can swim front crawl (freestyle) with rotary/side breathing, 10 yards
- Your child can complete a dive in either the sitting or kneeling position
- Your child can swim back crawl (backstroke) for 10 yards

Description of Level 4 Class:

- Your child will learn the following:
  - Standing dive in either a compact or stride position
  - Swim freestyle (front crawl) for 15 yards
  - Swim backstroke (back crawl) for 15 yards
  - Learn elementary backstroke
  - Learn breaststroke
  - Learn butterfly
  - Learn scissor kick (in preparation for sidestroke)
  - Tread water
  - Learn proper lap swimming technique
  - Learn Basic Water Safety Skills
Level 5 (Advanced Intermediate)

Pre-requisite to class: pass level 4 or swim test

Time: 11:00am-11:45am Fall 2017

Before enrolling your child in this class, please assess your child’s skills on the following:

- Your child can swim freestyle (front crawl) with rotary/side breathing, 50 yards
- Your child can swim backstroke (back crawl), 50 yards
- Your child can dive into deep water using a compact or stride position
- Your child has been exposed to swimming butterfly, backstroke and elementary backstroke
- Your child has been exposed to the scissor kick (in preparation for sidestroke)

Description of Level 5 Class:

Your child will learn the following:

- Be able to swim: freestyle, backstroke, breaststroke, elementary backstroke, butterfly (50 yards)
- Learn how to swim sidestroke
- Learn how to do proper flip turns for freestyle and backstroke
- Perform a shallow dive from side
- Tread water for 2 minutes

Level 6: Learn to Dive

Pre-requisite: pass level 4 or swim test

Time: 10:00am-10:45am Fall 2017

Before enrolling your child in this class, please assess your child’s skills on the following:

- Your child can swim freestyle (front crawl) with rotary/side breathing, 25 yards
- Your child can swim backstroke (back crawl), 25 yards
- Your child can jump into deep water and tread for 1 minute

Description of Learn to Dive Class:

KU’s Children’s Swim program is excited to offer Learn to Dive for the first time. This course is an introduction to competitive diving. Divers will learn how to safely and effectively jump, dive, and flip off of the diving boards. No previous diving experience is necessary and divers will be able to progress at their own pace. Please note: that this course does not include any stroke mechanic work.