

Parent/Child (6-36months)

Parent Child swim is a way for young children and parents to bond in the water. Children will begin to explore and become comfortable in the water. This class is recommended for any child age 6-36months. Please note that a swim diaper is required.

Preschool Level 1 (Age3)

The preschool classes are an introductory class to swimming for young children. In this class children will talk about water safety at a level that they can comprehend, learn to blow bubbles, put their face in the water, float on their back, and more! Due to increased enrolment and our desire to keep class sizes small we are offering two sessions of this class based on age. If you are unsure which session to enroll in please contact the pool manager at bsussman@ku.edu.

Preschool Level 2 (Age 4-5)

The preschool classes are an introductory class to swimming for young children. In this class children will talk about water safety at a level that they can comprehend, learn to blow bubbles, put their face in the water, float on their back, and more! Due to increased enrolment and our desire to keep class sizes small we are offering two sessions of this class based on age. If you are unsure which session to enroll in please contact the pool manager at bsussman@ku.edu.

Level 1 (Age 5+) – No prerequisite

In level 1 children will increase their level of comfort in the water. They will begin to swim freestyle and backstroke with support. They will also continue to become comfortable with back floats, jumping from the side, and putting their face in the water.

Level 2 (Age 5+) – Pass Level 1 or some independent swimming

Level 2 can be thought of as the second part of level 1. In this class participants will continue to become comfortable with independent swimming.

Level 3 (Age 5+) – Swim 10 yards on front/back independently, float on back for 15 sec independently, tread water 30 sec.

Swimmers will find their independence in this class. In level 3 participants will learn to become comfortable while being independent in the water. They will begin swimming completely independently with the safety and comfort of having an instructor within arm's reach.

Level 4 (Age 5+) – Swim 25 yards of freestyle, backstroke, breaststroke, float on back for 20 sec, tread water 30sec.

Level 4 is where students become swimmers. In this level participants are comfortable and confident in the water and begin learning to swim effectively. They will increase the distance they swim and work on skills such as rhythmic breathing and proper streamline position.

Level 5 (Age 5+) – Swim 25 yards of freestyle, backstroke, breaststroke, demonstrate dolphin kick or butterfly, float on back for 1min, tread water 1 min.

In level 5 swimmers will work on perfecting their strokes. During this class swimmers will work on all four competitive strokes, starts, turns, and diving. This class is ideal for children who are proficient swimmers and want to work on their endurance and competitive swimming skills.

Learn to Dive (Age 6+) – Swim 25 yards of any stroke, tread water 30 sec, be comfortable entering deep water from a height

Due to the popularity of this class during fall 2017 we will be offering learn to dive for a second semester! During this class participants will learn the basics of competitive diving.

Level 6 (Basic Water Rescue, Ages 10+) – Swim 50 yards of freestyle or breaststroke without stopping or touching the floor, tread water for 1minute. Please consult the pool manager at bsussman@ku.edu before enrolling.

This new course will prepare participants for American Red Cross lifeguard training. In this class participants will strengthen their swimming skills and begin conditioning to the level of an American Red Cross lifeguard. Basic water safety and rescue skills will be taught over the course of the session. Participants will learn to recognize emergencies in the water and the steps necessary to safely and effectively intervene. Participants who attend all class sessions will have the option of taking a 25 question written exam resulting an American Red Cross certification in Basic Water Rescue valid for 3 years. There will be an addition \$10 fee payable to HSES for certification.

Please note that there is a minimum enrollment of two participants for this course.

For any questions or concerns about enrolling for Spring 2018 swim lessons please contact Brian Sussman at bsussman@ku.edu.