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Swimming Program

Our program follows the **Red Cross Water Safety Instruction Block Plan**. This plan includes eight days of swimming instruction. We also include one day for assessment and an extra day in case of inclement weather or water quality problems. If no problems occur than we use the extra day as a fun day to go down the slide and use the diving boards.

Day 1

Entry skills evaluation- teachers assess student skills and begin teaching new skills.

Days 2-9

Using the **Red Cross Water Safety Instruction Block Plan** teachers teach new skills according to swimming levels and review past skills learned in previous lessons.

Day 10

Teachers evaluate exit skills taught during eight days, give level cards out if they have passed, and inform parents if they haven't passed that level. Students are allowed to go down the slide and off the diving boards. **This is the day we use for making up any lessons due to inclement weather or water quality problems.**

Common Questions

Why has my child been in the same level for the past two years?

Answers:

1. Swimmers may have not retained skills they learned the previous year.
2. Swimmers still may have fear of the water.
3. Swimmers may not have the motor skills yet to pass level exit skills.
4. Swimmers may need more practice to be able to pass level exit skills.

Why do I need to stay back on red bleachers or on the lawn chairs on the grass during swimming lessons?

Answers:

1. This is a safety issue. Instructors must be able to teach without distractions.
2. Other children on the deck unsupervised by parents can cause safety issues requiring rescues during lessons.

On Fridays parents can come on deck during lessons to take pictures and see up close the progress of their child. Please feel free to discuss any of your concern with a supervisor. Thank you for choosing Spanish Fork Water Park!

Exit Skills

Preschool level 1

Successfully complete the following exit skills assessment (can be done with support):

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or "swim.")
2. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Preschool level 2

Successfully complete the following exit skills assessment (can be done with assistance):

1. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths

Preschool level 3

Successfully complete the following exit skills assessment:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (You can assist the child when taking a breath.)

Learn to Swim level 1

Successfully complete the following exit skills assessment:

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or "swim.")
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Learn to Swim level 2

Successfully complete the following exit skills assessment:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath.)

Learn to Swim level 3

Successfully complete the following exit skills assessment:

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Learn to Swim level 4

Successfully complete the following exit skills assessment:

1. Perform a feetfirst entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Learn to Swim level 5

Successfully complete the following exit skills assessment:

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.

2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.

Learn to Swim level 6

Successfully complete the following exit skills assessment:

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
3. Swim 20 yards, perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7-10 feet, return to the surface and swim 20 yards back to the starting point.

Diving 1:

Swimmers must be able to swim in the deep part of the pool. Swimmers must be able to swim at least 25 yards. Divers will learn the proper way to dive, one-step diving approach, basic dive positions, straight & swan dive.

Diving 2:

Need to know basic diving skills. Will learn the three-step diving approach, front dive in pike and tuck positions, back dive and inward tuck position.

Diving 3:

Need to have taken and passed Diving 2. Divers will learn full somersault (front and back), 1 1/2 somersault front, inward in pike position and reverse.