

Antioch Water Park Swim Lesson Descriptions

Preschool (Ages 3-5)

<p>Level 1</p> <p>Introduces children to the aquatics environment and helps them gain basic aquatics skills.</p> <p>Participants will learn how to:</p> <p>Enter and exit the water safely and independently, completely submerge head and body, blow bubbles with mouth and nose, retrieve objects from underwater, and move through the water using leg and arm motions with support.</p>	<p>Level 2</p> <p>Improves on aquatic skills.</p> <p>Participants will learn how to:</p> <p>Hold breath, blow bubbles and bob, float on front and back independently, and move through the water on front/back independently.</p>	<p>Level 3</p> <p>Improves on aquatic skills.</p> <p>Participants will learn how to:</p> <p>Fully submerge and blow bubbles, float independently, glide and kick through the water on front/back independently, tread water independently, and move through water independently using arms and legs for 5 body lengths.</p>
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Youth (Ages 6-14)

<p>Level 1</p> <p>Introduces children to the aquatics environment and helps them gain basic aquatics skills.</p> <p>Participants will learn how to:</p> <p>Enter and exit the water safely and independently, completely submerge head and body, retrieve objects from underwater, and move through the water using leg and arm motions with support.</p>	<p>Level 2</p> <p>Improves aquatics skills.</p> <p>Participants will learn how to:</p> <p>Bob at least 10 times, retrieve submerged objects in chest deep water, float on front and back independently for 10 seconds, glide and kick on front/back unsupported for 5 yards, and move through the water unsupported on front/back using combined arms and legs for 10 yards.</p>	<p>Level 3</p> <p>Improves aquatics skills.</p> <p>Participants will learn how to:</p> <p>Float on back for one minute, swim front crawl with side breathing for 15 yards, swim elementary backstroke for 15 yards, tread water for one minute, and demonstrate breaststroke kick, dolphin kick, and scissor kick.</p>	<p>Level 4</p> <p>Improves aquatics skills.</p> <p>Participants will learn how to:</p> <p>Tread water for 2 minutes, swim front crawl with side breathing for 25 yards, swim elementary backstroke for 25 yards, swim breaststroke for 15 yards, swim back crawl for 15 yards, and demonstrate open turns for front crawl and back crawl.</p>
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Parent and Child (Ages 6mon-3yrs)

One (1) adult per child must be in the water.

Participants will learn to ask for permission before entering the water, learn how to enter and exit the water in a safe manner, feel comfortable in the water, explore submerging to the mouth, nose, and eyes completely, explore buoyancy on the front and back position, change body position in the water, learn how to play safely, and experience wearing a U.S. Coast Guard-approved lifejacket.

Adult (Ages 15+)

Learning the Basics

This level is for the beginning adult (hesitant, reluctant, fearful). There are no prerequisites. Students will work on water adjustment, submerging, blowing bubbles, floating, moving through the water using equipment for support and independently.

Stroke Improvement

Students who enroll in this level should be comfortable in chest-deep water, able to put their face in the water, float on their back (with some support), and able to swim using a stroke on front and/or back.

Semi Private* (Ages 4+)

Semi-Private Lessons are 30 minutes of instruction with a ration of one instructor to two students. Lessons are customized to meet the specific needs of each student.

Private* (Ages 4+)

Private Lessons are 30 minutes of one on one instruction. Lessons are customized to meet the specific needs of each student.

*Only available during select seasons. Check Active for current lesson offerings.