

# Saturday Swim

## Level Descriptions

### *Youth Courses:*

**101 A** - This introductory course for those ages **6-10 years old**, who cannot swim or for those with limited ability helps children to feel comfortable in the water and covers the front and back floats, locomotion and basic rescue skills, and personal safety.

**101 B** - This introductory course for those ages **11-17 years old**, who cannot swim or for those with limited ability helps children to feel comfortable in the water and covers the front and back floats, locomotion and basic rescue skills, and personal safety.

**102** - This course builds upon the skills acquired in the Level I course and covers the front and back crawl strokes, the fundamentals of treading water and deep-water swimming, and additional self-help and safety measures.

**103** - This course enables children to develop confidence in their strokes and swim greater distances. The elementary backstroke, diving, and safety rules are introduced.

**104** - This course enables students to refine the breaststroke and sidestroke, swim greater distances using the backstroke, and study additional safety skills, including how to swim when leg cramps develop.

**105** - This course enables students to refine the breaststroke and sidestroke, swim greater distances using the backstroke, and study additional safety skills at a higher level.

### *Youth Concentrated Courses:*

**201** - The Junior Lifeguard Course provides young, experienced swimmers with practical knowledge and skills they can develop in preparation for becoming a lifeguard. The course includes: use of rescue equipment, water safety and basic water rescues, emergency response, pool rules and regulations and swimming refinement. Participants must be ages 9-14, and able to swim 100 yards continuously using both the front-crawl and breast stroke, tread water for 60 seconds and swim under water for a minimum of 10 yards.

**202** - Designed to help students who have successfully completed "Beginning Swimming for Kids Level V," this course enables students to refine the skills and competitive strokes required for participation on a swim team. Strokes include freestyle, back crawl, breaststroke and butterfly, and skills include breathing and timing, body position, balance and motion, starts, and turns. Participants focus on swimming with ease, efficiency, power and smoothness over greater distances. Class is limited to eight students.

### *Adult Courses:*

**301** - An introductory course for those who cannot swim or have limited ability, this course includes the study and practice of such basic swimming skills as water entry, body and breath control, floating, leg and arm movements, and safety skills.

**302** - This course helps students, who must be comfortable in deep water, to develop confidence in their strokes and to swim greater distances. The course also introduces the elementary backstroke as well as diving and additional safety rules

**303** - This course helps students, who must be comfortable in deep water, to develop confidence in their strokes and to swim greater distances. The course also introduces the elementary backstroke as well as diving and additional safety rules.

**304** - This course helps students who are comfortable with a variety of strokes and confident in deep water. This course focuses primarily on stroke refinement and extended lap swimming.