

CHOOSING A SWIMMING CLASS THAT'S RIGHT FOR YOU!

The Sunrise Recreation & Park District has a variety of swimming classes parents may choose from. The classes are broken down into 4 category levels. All of our swimming classes are taught in general accordance to American Red Cross standards and conducted by American Red Cross certified and trained instructors and aides. The information listed below is for the minimum requirements for participants to register in the swimming classes.

- LEVEL I: Parent & Child Aquatics (ages 6 months – 3 years w/ parent)
Starfish
- LEVEL II: Preschool Aquatics (ages 3-6 years)
Polliwog / Tadpoles / Frogs
- LEVEL III: Learn-to-Swim (ages 6-15+ years)
Minnow / Goldfish / Manta Ray / Stingray / Dolphin
- LEVEL IV: Adult Aquatics (ages 15+ years)

Swimming Lesson Classes with pre-requisites and descriptions

STARFISH (Parent/Toddler)

Minimum Requirements:

- 6 months to 3 years.
- Parent/adult must attend each class and be in the water with their child.
- Swim diapers/rubber swim pants required.

Course Description:

This program provides a basic introduction to the aquatic environment focusing on the parent and child as one learning unit. This class is for infant/toddlers who are in the beginning stages of swim lessons. Emphasis is on water adjustment and introduction to appropriate water safety skills. This class is not designed to teach children to become accomplished swimmers or to swim independently, but it will increase his/her comfort level in and around the water. This program provides information and techniques for parents to orient their children to the water and provides parents and children with a fun recreational activity to do together. Emphasis is placed on additional water adjustment, water safety, and enjoyment in the water. 1 Instructor to 10 Participant Ratio. **Only one adult per child allowed while in the water.**

POLLIWOG (Beginning Preschool)

Minimum Requirements:

- 3 to 4 years.
- Under **NO** exceptions are children under 3 years allowed to register for this class.
- This is not a parent participation class.

Course Description:

This class is a swim readiness class for young children who are non-swimmers or first time group swim lesson participants to explore basic water readiness skills. This class orients children to the aquatic environment and helps them gain basic aquatic skills. Emphasis is on water adjustment, water safety knowledge and practices, fun and enjoyment in the water. Most participants will have to take this class more than once. 1 Instructor to 3 Participant Ratio.

Skills Taught:

- Pool Rules
- Water Adjustment
- Blowing bubbles through mouth and nose
- Moving comfortably through the water
- Jumping to Instructor from the deck
- Introduction to alternating arm action/front crawl stroke
- Assisted front float/kick
- Assisted back float/kick
- Roll from front to back and back to front
- Fully submerge face underwater
- Open eyes underwater and retrieve submerged objects
- Experience buoyancy
- Experience wearing a U.S. Coast Guard approved lifejacket.

TADPOLE (Intermediate Preschool)

Minimum Requirements:

- 3 to 5 years.
- Must have successfully completed the Polliwog class.
- Must be able to enter water and go underwater easily.
- Must be able to float, stroke and kick 5-10 feet.

Course Description:

This class builds upon the skills learned in the Polliwog class level and helps children gain greater independence in their skills and develop more comfort in and around water. This class generally marks the beginning of true locomotion skills and reviews safety skills. Children in this level are comfortable in the water and have acquired basic swimming skills. 1 Instructor to 5 Participant Ratio.

Skills Taught:

- Enter water by stepping in
- Hold breath and fully submerge
- Open eyes underwater and retrieve submerged objects
- Bobbing
- Front and back float/glide unsupported
- Flutter kick on front
- Combined stroke on front
- Rhythmic breathing
- Recover from a front or back float or glide to a vertical position
- Flutter kick on back
- Backstroke arm action
- Finning arm action on back
- Orientation to deep water
- Jump into deep water from the side
- Basic water safety rules
- Experience wearing a U.S. Coast Guard approved lifejacket.

FROG (Advanced/Competitive Preschool)

Minimum Requirements:

- 4 to 6 years.
- Must have successfully completed Tadpole class.
- Must be able to float, stroke and kick with face in water 10-15 feet.
- Must be able to float, glide and kick comfortably on back.

Course Description:

This class is designed for advanced preschoolers and helps children start to gain basic swimming propulsive skills to be comfortable in and around water. Also, this class is ideal for those interested in joining a swim team, however, it is not necessary to have a desire to be a competitive swimmer to take this class. The focus of this course will be the introduction of advanced swimming strokes and skills as well as maintaining proper stroke techniques for longer distances. 1 Instructor to 5 Participant Ratio.

Skills Taught:

- Enter water by jumping in
- Fully submerge and hold breath
- Underwater exploration
- Bobbing
- Front floats
- Back float and glide
- Recover from a front or back float or glide to a vertical position
- Change direction of travel while swimming on front and back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Front crawl with side breathing
- Elementary backstroke arms
- Experience wearing a U.S. Coast Guard approved lifejacket.

MINNOW (Learn-to-Swim – Introduction to Water Skills)

Minimum Requirements:

- 5 to 8 years.
- Designed for children with limited or no water experience.
- This class is not a continuation of the Frogs class level.

Course Description:

This class helps participants feel more comfortable in the water and is an introduction to water safety and water adjustment. Focus is placed on the participants getting more oriented to the aquatic environment, water adjustment, swimming readiness skills and basic safety skills. This class is designed for the first time swimmer who is not comfortable in the water and who cannot float with their faces in the water. 1 Instructor to 5 Participant Ratio.

Skills Taught:

- Pool rules
- Basic water safety skills
- Water adjustment
- Blowing bubbles through mouth and nose
- Open eyes underwater and retrieve submerged objects

- Jumping to Instructor from the deck
- Front and back floats and glides
- Experience buoyancy
- Treading water using arm and hand actions
- Move through water comfortably
- Combined arm and leg actions on front and back
- Fully submerge face underwater
- Experience wearing a U.S. Coast Guard approved lifejacket.

GOLDFISH (Learn-to-Swim – Fundamental Aquatic Skills)

Minimum Requirements:

- 6 to 14 years.
- Must be comfortable going underwater.
- Must be able to swim 15-20 feet unassisted.
- Must be able to float and propel self on back.

Course Description:

This class is designed for participants who are able to float comfortably on their front and back. Emphasis is placed on introduction of front crawl and backstroke as well as rotary rhythmic breathing. This class gives participants success with fundamental skills. Most participants will have to take this class more than once. 1 Instructor to 6 Participant Ratio.

Skills Taught:

- Enter and exit water by stepping or jumping from the side
- Fully submerged and hold breath
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front and back floats and glides
- Recover to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Elementary backstroke kick
- Front crawl with side breathing
- Kneeling and compact dives
- Building front crawl and backstroke endurance
- Water safety skills

MANTA RAY (Learn-to-Swim – Stroke Development)

Minimum Requirements:

- 6 to 14 years.
- Must have successfully completed Goldfish class.
- Must be able to swim at least 15 yards without assistance.

Course Description:

This class emphasizes increased coordination and endurance on the front crawl and backstroke and introducing rhythmic breathing. Additional emphasis is placed on the further development of deep-water skills and introduction of breaststroke and sidestroke.

1 Instructor to 8 Participant Ratio.

Skills Taught:

- Enter water from jumping from the side
- Re-emphasis on diving from the side
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from a vertical to horizontal position on front and back
- Treading water
- Flutter, sidestroke, dolphin and breaststroke kicks on front
- Continuing to build upon front crawl and backstroke endurance
- Water safety skills

STINGRAY (Learn-to-Swim – Stroke Improvement)

Minimum Requirements:

- 6 to 14 years.
- Must have successfully completed Manta Rays class.
- Must be able to swim 25 yards of front crawl with side breathing.
- Must be able to swim backstroke and elementary backstroke.
- Must be able to jump and dive from side of the pool.

Course Description:

The Stingrays class introduces advanced stroke technique as well as diving and turns, and further develops endurance and confidence in all skills. This class continues the development of the elementary backstroke, breaststroke and sidestroke. Participants will be performing front crawl, backstroke, and elementary backstroke with increased distances. 1 Instructor to 8 Participant Ratio.

Skills Taught:

- Headfirst entries from the side in compact and stride positions
- Swimming underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front crawl, backstroke, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Water safety skills
- Diving board progression

DOLPHIN (Lean-to-Swim – Stroke Refinement and Skill Proficiency)

Minimum Requirements:

- 8 to 14 years.
- Must have successfully completed Stingrays class.
- Must be able to swim 50 yards without stopping of front crawl with side breathing, backstroke and elementary backstroke.
- Must be able to swim 25 yards without stopping of breaststroke and sidestroke.
- Must be able to swim 200 yards total without stopping.

Course Description:

The Dolphin class refines and promotes proficiency in crawl stroke, backstroke, breaststroke, sidestroke and butterfly. Participants will be introduced to swimming for fitness, approach strokes, starts and turns and surface dives. 1 Instructor to 10 Participant Ratio.

Skills Taught:

- Shallow-angle dive from the side and then glide and begin a front crawl
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Continued endurance on front crawl, backstroke, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Water safety skills
- Continuation of survival swimming skills
- Building endurance to swim 300 yards (12 laps) continuously
- Stroke drills to emphasize proper swimming techniques

ADULT SWIMMING LESSONS

Minimum Requirements:

- 15+ years.

Course Description:

This level is for anyone over 15 years who wants to learn basic swimming skills. No matter what the age, there is always a time to learn to swim. This class is not taught in the deep end of the swimming pool. You will learn the basics to swimming including floating on front and back and basic arm strokes. 1 Instructor to 3 Participant Ratio.