

Lakewood Recreation Learn-To-Swim Course Descriptions

Level 1 (swimmers ages 5 and older):

Beginner swimmers work on gaining confidence in the water by using floatation devices to assist in movement, submerging their face in the water and basic floating. Safety emphasis is on wearing a life jacket when appropriate.

Level 2 (swimmers ages 5 and older):

Beginner swimmers expand their confidence level in the water by swimming without floatation for 15 yards, submerging and retrieving an object from underwater and basic movement while on their back. Safety emphasis is on entering the pool appropriately.

Level 3 (swimmers ages 5 and older):

Swimmers are introduced to the freestyle stroke using rotary breathing and the elementary backstroke with a flutter kick. This is the last level taught in the shallow sections of the pool. Safety emphasis is on swimming with a friend in a supervised area.

Level 4 (swimmers ages 5 and older):

This is the first level taught in water where the swimmers cannot stand. Swimmers begin to build endurance while swimming the freestyle, and the backstroke and side stroke are introduced. Swimmers learn how to dive into the deep water from the side. Safety emphasis is on when to call 911.

Level 5 (swimmers ages 5 and older):

Swimmers continue to perfect the freestyle and backstroke, while being introduced to the breaststroke. More endurance in both swimming and treading is built. Swimmers are introduced to the front dive from the diving board. Safety emphasis is on what to do in an emergency.

Level 6 (swimmers ages 5 and older):

Swimmers learn the butterfly stroke, while perfecting the breaststroke. Swimmers are also trained to pass the prerequisites for the lifeguarding course. In addition to building endurance, the safety emphasis is on knowing where to swim and dive.

Beginner 4 Year Olds:

Children are encouraged to be comfortable in the water, while learning basic floats and locomotion skills.

Intermediate 4 Year Olds:

Locomotion skills are improved upon with less use of floatation aids. Children continue to build on basic floats and safety skills.

Advanced 4 Year Olds:

The freestyle stroke is introduced, as well as swimming on the back. Children must be comfortable putting his/her face in the water.

Shrimps 1 (Parent and child age 1):

Shrimps 2 (Parent and child age 2):

Shrimps 3 (Parent and child age 3):

Children are encouraged to be comfortable in the water, while working on basic age appropriate skills.