

SWIMMING AND WATER SAFETY COURSES

PARENT AND CHILD AQUATICS

Parents and children (~~6months-3years~~) learn together to increase a child's comfort in the water and builds a foundation for basic skills.

Builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

PRESCHOOL AQUATICS PROGRAM

This course orients children (ages 3 & 4) to the aquatic environment and helps them gain basic aquatic skills.

- Enter and exit water using ladder, steps or side
 - Blow bubbles through mouth and nose
 - Submerge mouth, nose and eyes
 - Open eyes under water and retrieve submerged objects
 - Front and back glides and recover to a vertical position
 - Back float and recover to a vertical position
 - Roll from front to back and back to front
 - Tread with arm and hand actions
 - Alternating and simultaneous leg actions on front and back
 - Alternating and simultaneous arm actions front and back
 - Combined arm and leg actions on front and back
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American Red Cross LEARN-TO-SWIM

Six Levels of instruction to help swimmers age 5years and up, of all abilities, develop their skills. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. Each level also includes lessons in water safety.

LEVEL 1: INTRODUCTION TO WATER SKILLS

PURPOSE: Helps participants feel comfortable in the water.

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to a vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions front and back
- Combined arm and leg actions on front and back

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

PURPOSE: Gives participants success with fundamental skills.

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change directions of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Fining arm action

LEVEL 3: STROKE DEVELOPMENT

PURPOSE: Builds on the skills in Level 2 through additional guided practice in deeper water.

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

LEVEL 4: STROKE IMPROVEMENT

PURPOSE: Develop confidence in the skills learned and improves other aquatic skills.

- Headfirst entries from side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Flutter and dolphin kicks on back

LEVEL 5: STROKE REFINEMENT

PURPOSE: Provides further coordination and refinement of strokes.

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

LEVEL6: SWIMMING AND SKILL PROFICIENCY

PURPOSE: Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that focus on preparing participants for more advanced courses, such as Water Safety Instructor, or other aquatic activities, such as competitive swimming or diving.

Options include:

- Fitness Swimmer
- Personal Water Safety
- Fundamentals of Diving

PRIVATE SWIM LESSONS:

ONE-ON-ONE INSTRUCTION

PURPOSE: Provides adults and children the opportunity to face unattained swimming goals (e.g. gaining greater water comfort ability and confidence; learning the fundamentals; stroke refinement) Contact the Sportsplex for more information at 989-731-3546 or check out our website www.ocsportsplex.com

GUARDSTART: LIFEGUARDING TOMORROW

Designed for youth ages 11 to 14, this program provides a foundation of lifeguarding and life skills. For youth with swimming skills, this program makes an ideal transition between Red Cross Learn-to-Swim and the Lifeguarding Course. **Participants must make a one-time purchase of their own materials in addition to the standard course fee.**



www.ocsportsplex.com 989-731-3546 ~ PO Box 1886~ Gaylord 49734

Swim Lessons Spring 2019

PAID REGISTRATIONS ARE NOW BEING ACCEPTED

If space is available, registrations will be accepted through the first class of each session.

Please note the following:

* If paid registrations are not received one week prior to the start of session, Early Bird Rate WILL NOT APPLY.

* The Sportsplex reserves the right to CANCEL or COMBINE CLASSES that do not meet minimum registration requirements.
(minimum: 4 students per class)

SPRING RATES:

- Otsego County Residents.....\$60
- Out-of-County Residents.....\$70
- Pass Holders Subtract.....\$5
- Multiple Child (3 or more) Subtract.....\$5
- Early Bird Subtract.....\$10

Early Bird rates expire one week prior to 1st class.

REFUND POLICY

Patron refund requests will only be honored if requested prior to the 1st class, minus \$10 administration fee.

Monday P.M.

April 8 th – June 3 rd	<i>(No Class 5/27/19)</i>
Parent & Child, Preschool & Level 2	5:30pm-6:15pm
Levels 1, 3, 4, 5 & 6	6:20pm-7:05pm

Wednesday P.M.

April 10 th – May 29 th	
Parent & Child, Preschool & Level 2	6:00pm-6:45pm
Levels 1, 3, 4, 5 & 6	6:50pm-7:35pm

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Friday A.M.

April 12 th – June 7 th	<i>(No Class 4/19/19)</i>
Parent & Child and Preschool	11:15am-12:00pm

Friday P.M.

April 12 th – June 7 th	<i>(No Class 4/19/19)</i>
Parent & Child, Preschool & Level 2	4:00pm-4:45pm
Levels 1, 3, 4, 5 & 6	4:50pm-5:35pm

Saturday A.M.

April 13 th – June 8 th	<i>(No Class 4/20/19)</i>
Levels 1, 2, 4, 5 & 6	10:00am-10:45am
Parent & Child, Preschool & Level 3	10:50am-11:35am