

Groveport Recreation Department

# Swim Lesson Placement Guide

Group Swim Lessons

Welcome to the Groveport Recreation Department's Group Swim Lesson Program. Due to the progressive nature of swim lessons, appropriate placement is essential. The program descriptions listed below are to inform you of the different levels of the American Red Cross Learn to Swim Program.

Below is listed the different classes, objectives of each class as well as the exit assessment each individual must pass to move to the next level. **We are currently unable to offer Parent & Tot class.** If you have any questions about Swim Lessons please contact:

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**PARENT & TOT (6 months to 2 years of age)** - Class is designed to give children an introduction into the world of pool water. Hands on parent involvement required. You and your child will gain confidence in the water and learn water safety skills.

## **PRESCHOOL LEVEL 1 (Ages 3 - 5)**

### **Learning Objectives:**

- Enter and exit water using ladder, steps or side
- Bowing bubbles through mouth and nose, 3 seconds
- Submerging mouth, nose and eyes
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front and back glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back float, 3 seconds
- Recover from a back float to a vertical position
- Roll from front to back and back to front
- Treading with arm and hand actions (chest-deep)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Combo arm and leg actions on front, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

### **Exit Skills Assessment:**

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. Children can walk, move along the gutter or swim.
- While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

### **PRESCHOOL LEVEL 2 (Ages 3 - 5)**

#### **Learning Objectives:**

- Bobbing, 3 times
- Enter water by stepping in (in shoulder deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
- Front float, 3 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position
- Back float, 5 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back and back to front
- Treading using arm and leg actions, 5 seconds (in shoulder-deep water)
- Combined arm and leg actions on front and back, 3 body lengths
- Finning arm action on back, 3 body lengths

#### **Exit Skills Assessment:**

- Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
- Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
- Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths

### **PRESCHOOL LEVEL 3 (Ages 3 - 5)**

#### **Learning Objectives:**

- Enter water by jumping in shoulder-deep water
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest-deep water)
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Recover from a front float to a vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical pos.
- Change direction of travel while swimming on front or back
- Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front and back, 5 body lengths
- Finning arm action on back, 5 body lengths

#### **Exit Skills Assessment:**

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position
- Move into a back float for 5 seconds, roll to front then recover to a vertical position
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths. (Child can be assisted when taking a breath.)

### **LEARN TO SWIM - LEVEL 1 (Ages 6-14)**

#### **Learning Objectives:**

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Treading using arm and hand actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

#### **Exit Skills Assessment:**

- Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or “swim.”)
- Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

### **LEARN TO SWIM - LEVEL 2 (Ages 6-14)**

#### **Learning Objectives:**

- Enter water by stepping or jumping from the side (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest-deep water)
- Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds

- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Change direction while swimming on front or back
- Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 5 body lengths
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 5 body lengths

**Exit Skills Assessment:**

- Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Move into a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths. The participant can be assisted when taking a breath.

**LEARN TO SWIM – LEVEL 3 (Ages 6-14)**

**Learning Objectives:**

- Enter water by jumping from the side (into deep water)
- Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
- Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
- Bobbing while moving toward safety, 5 times (in chest-deep water)
- Rotary breathing, 10 times
- Survival float on front, 30 seconds (in deep water)
- Back float, 30 seconds (in deep water)
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Tread water, 30 seconds (in deep water)
- Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
- Front crawl, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 10 yards

**Exit Skills Assessment:**

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.