

2008 Learn to Swim Program Guide



Hello –

Welcome to Binghamton University's Campus Recreational Services Learn to Swim Program. We are excited to have you join us for another exciting semester of swimming. Below you will find a description of each Learn to Swim Program level that we offer. You will also find a list of what skills are required to pass each level. Each level contains a variety of safety lessons. Students will have to demonstrate these skills successfully before moving into the next level. Please keep in mind that every child progresses at their own pace. Pushing a child before they are ready to move could instill fear in them for life. Instructors are trained to recognize which students are ready for the next level and will do everything in their power to make each student successful. Repeating a level is not necessarily a bad thing. Most students have to repeat levels at least once before moving forward. If you have any questions or concerns, please ask your instructor or contact Jennifer Dube at 777 – 4883 or jdube@binghamton.edu.

Level I

This level is the beginning to the Learn to Swim Program. In this level, students will learn how to enter and exit the water safely. Students will learn to submerge his / her head and open their eyes under the water to see objects. The child will learn to float on his / her stomach and back while being supported and explore ways of changing position in the water using their arms and legs.

In order to pass Level I the child must:

1. Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. The child may travel along the gutter to achieve this.
2. Float on front (with support) for 3 seconds (face in or out of water), roll to back (with assistance) and float on back with support for 3 seconds.

Level II

This level builds off of Level I. In this level, students will learn to submerge their entire head under the water while learning breath control. Students will learn to float on his / her stomach and back unassisted, as well as learn the front glide and back glide. Students will learn to move arms and legs in motions that will promote swimming on his/her own.

In order to pass Level II, the child must:

1. Step from side into chest deep water, move into a front float for five seconds, (unsupported), roll over to a back float, return to a standing position and then move onto their back into a back float.
2. Push off and swim (unsupported) using a combination of arm and leg motion for 15 feet on the front, push off and swim 15 feet using a combination of arms and legs on back for 15 feet.

**** Please keep in mind that Level II is probably the most difficult level to pass.** Students must be able to swim on their own for 15 feet without assistance. This often takes more than one session to get through. Students will NOT be passed if they cannot sustain themselves in the water and are still timid at submerging their entire head under water.

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Level III

Once the student can swim on his / her own, it is time to learn the fundamentals of different strokes. Level III offers an introduction to the front crawl, back crawl and the butterfly. Students will learn rotary breathing when doing front crawl, as well as the kick to the breast stroke.

**** Please keep in mind that Level III is the second hardest level to pass.** There are a lot of new skills that are introduced and some children may find them difficult to pick up at first. This level must be repeated if the instructor feels that the student is not comfortable in all of the new skills taught.

In Order to Pass Level III, the child must:

1. Jump into chest deep water from the side of the pool, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (front or side), and maintain the position by treading water or by floating for 30 seconds and then swim back crawl 15 yards.

Level IV

After the student has learned the butterfly movement, Level IV students will move on to the breast stroke and elementary back stroke. Students will also learn the scissor kick, eventually leading to side stroke in Level V. Students will continue to develop their front crawl and back crawl strokes and learn open turns to change directions at the wall. Students will also increase endurance with all of these strokes. An introduction to diving will be covered.

In order to pass Level IV, the child must:

1. Perform a feet first entry into chest deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards.
2. Swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards.

Level V

In Level V, students will be introduced to the side stroke. Students will progress in their diving skills to the point of doing a shallow dive off the side of the pool. Students will learn flip turns as another means of changing direction at the wall. Students will demonstrate their ability to swim underwater, as well as build endurance and gain refinement in their strokes.

In order to pass Level V, the child must:

1. Perform a shallow dive in to deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or skull) and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

General Reminders:

- Classes will meet **twice a week** for 45 minutes.
- All classes follow American Red Cross guidelines.
- Students that pass their level will be given an American Red Cross card. All participants will receive a certificate of participation from Campus Recreation.
- If for any reason, class has to be canceled, Campus Recreational Services will contact parent/guardians as soon as the class is canceled.
- There will not be lessons during school recesses as student instructors will not be on campus during those times.
- You may accompany your child to lessons and sit in the pool area during class.
- There are no family locker rooms. Entrance to the pool is through the men's and women's locker rooms. Please plan accordingly if you child needs help getting ready for lessons.