

# Hesperia Recreation and Park District's 2010 Learn to Swim Program

\* Session 1, June 1 - June 11 & Session 2, June 14 - 25

9:10-9:40	9:50-10:20	10:30-11:00	11:10-11:40	3:30-4:00	4:10-4:40	4:50-5:20	5:30-6:00	6:10-6:40
Preschool	Parent & Child	Parent & Child	Parent & Child	Level 1	Preschool	Parent & Child	Preschool	Level 2
Level 1	Preschool	Preschool	Level 1	Level 2	Level 1	Preschool	Level 1	Level 3
Level 2	Level 3	Level 2	Level 2	Level 2	Level 2	Level 1	Level 2	Level 4
Level 2	Level 4	Level 5	Level 3	Level 3	Level 4	Level 2	Level 2	Level 5

\*Memorial Day holiday, Session 1 registration fee adjusted to \$27.00.

Session 3, June 28 - July 9 & Session 4, July 12 - 23

8:30 - 9:00	9:10-9:40	9:50-10:20	10:30-11:00	11:10-11:40	3:30-4:00	4:10-4:40	4:50-5:20	5:30-6:00	6:10-6:40
Level 6	Parent & Child	Parent & Child	Parent & Child	Preschool	Level 2	Parent & Child	Preschool	Parent & Child	Preschool
	Level 1	Preschool	Preschool	Preschool	Level 3	Preschool	Level 1	Level 1	Level 2
	Level 2	Level 3	Level 4	Level 1	Level 4	Level 2	Level 2	Level 2	Level 4
	Level 3	Level 4	Level 5	Level 2	Level 5	Level 2	Level 3	Level 2	Level 5

Session 5, July 26 - August 6

8:30-9:00	9:10-9:40	9:50-10:20	10:30-11:00	11:10-11:40	3:30-4:00	4:10-4:40	4:50-5:20	5:30-6:00	6:10-6:40
Level 6	Preschool	Level 2	Parent & Child	Preschool	Parent & Child	Parent & Child	Preschool	Level 1	Level 3
	Level 1	Level 3	Preschool	Level 2	Level 1	Level 2	Preschool	Level 2	Level 4
	Level 2	Level 4	Level 2	Level 5	Level 2	Level 2	Level 1	Level 3	Level 5

SATURDAY SESSION 1\*\*

June 5th, 12th, 19th & 26th

SATURDAY SESSION 2\*\*

July 10th, 17th, 24th, & 31st

SATURDAY SESSION 3\*\*

August 7th, 14th, 21st & 28th

8:30-9:30	9:40 -10:40	10:50-11:50
Level 1	Preschool	Parent & Child
Level 2	Level 1	Level 1
Level 2	Level 2	Level 2
Level 3	Level 4	Level 5

8:30-9:30	9:40 -10:40	10:50-11:50
Level 1	Parent & Child	Preschool
Level 1	Level 2	Level 1
Level 2	Level 3	Level 2
Level 2	Level 4	Level 5

8:30-9:30	9:40 -10:40	10:50-11:50
Preschool	Level 2	Preschool
Level 1	Level 2	Level 1
Level 2	Level 3	Level 2
Level 3	Level 4	Level 5

\*\*Saturday sessions are accelerated courses and practice time outside of scheduled class times may be required to pass the course.

REGISTRATION AVAILABLE ONLINE ONLY, BEGINNING APRIL 26, 2010 AT [www.hesperiaparks.com](http://www.hesperiaparks.com)\*

\*Computers are available to the public at Hesperia Branch Library, 9650 Seventh Ave., Hesperia, Phone: 760-244-4898.

## LEARN TO SWIM COURSE DESCRIPTIONS

<b>Parent and Child Aquatics</b> 6 Months to 3 years of age Class size 8	Provides experiences and activities for children to - 1. Establish expectation for adult supervision. 2. Learn how to enter and exit the water in a safe manner. 3. Explore submerging to the mouth, nose, eyes and completely. 4. Explore buoyancy on the front and back position. 5. Glide on the front and back with assistance. 6. Change body position in the water. 7. Perform combined stroke on front and back with assistance. 8. Learn how to play safely. 9. Experience wearing a U.S. Coast Guard - approved life jacket.
<b>Preschool Aquatics</b> 3 to 5 years of age Class size 6	Orients children to the aquatic environment and helps them gain basic aquatic skills. 1. Enter and exit water using ladder, steps or side. 2. Blow bubbles through mouth and nose. 3. Open eyes and under water and retrieve submerged objects. 4. Front & back glides and floats. 5. Roll from front to back and back to front. 6. Alternating arm and leg actions on front and back. 7. Combined arm and leg actions on front and back.
<b>Level 1 - Introduction to Water Skills</b> None - Participants start at about 6 years of age. Class size 8	Helps participants feel comfortable in the water and gain basic swimming and propulsive skills. 1. Enter and exit water using ladder, steps or side. 2. Blow bubbles through mouth and nose. 3. Open eyes and under water and retrieve submerged objects. 4. Front & back glides and floats. 5. Recover to vertical position. 6. Roll from front to back and back to front. 7. Tread water using arm and hand actions. 8. Alternating and simultaneous leg actions on front and back. 9. Alternating and simultaneous arm actions on front and back. 10. Combined arm and leg actions on front and back.
<b>Level 2 - Fundamental Aquatic Skills</b> Must have passed Level 1 Class size 8	Gives participants success with fundamental skills. 1. Enter and exit water using ladder, steps or side. 2. Fully submerge and hold breath. 3. Open eyes and under water and retrieve submerged objects. 4. Front, jelly fish and tuck floats. 5. Front and back glides and floats. 6. Roll from front to back and back to front. 7. Tread water using arm and hand actions. 8. Change direction of travel while swimming on front or back. 9. Combined arm and leg actions on front and back. 10. Finning arm action.
<b>Level 3 - Stroke Development</b> Must have passed Level 2 Class size 8	Builds on skills in Level 2 through additional guided practice in deeper water. 1. Enter water by jumping from the side. 2. Headfirst entries from the side in sitting and kneeling positions. 3. Bobbing while moving toward safety. 4. Rotary breathing. 5. Survival float. 6. Back float. 7. Change from vertical to horizontal position on front and back. 8. Tread water. 9. Flutter, scissor, dolphin and breaststroke kicks on front. 10. Front crawl and Elementary back crawl.
<b>Level 4 - Stroke Improvement</b> Must have passed Level 3 Class size 8	Develops confidence in the skills learned and improves other aquatics skills. 1. Headfirst entries from the side in compact and stride positions. 2. Swim under water. 3. Feet first surface dive. 4. Survival swimming. 5. Front crawl and back stroke open turns. 6. Tread water using two different kicks. 7. Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. 8. Flutter and dolphin kicks on back.
<b>Level 5 - Stroke Refinement</b> Must have passed Level 4 Class size 8	Provides further coordination and refinement of strokes. 1. Shallow - angle dive from the side then glide and begin front stroke. 2. Tuck and pike surface dives, submerge completely. 3. Front flip turn and backstroke flip turn while swimming. 4. Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. 5. Sculling.
<b>Level 6 - Personal Water Safety / Fitness Swimmer</b> Must have passed Level 5 Class size 20	Stroke refinement to increase ease, efficiency, power and smoothness over a greater distance while swimming front crawl, back crawl, butterfly, elementary back stroke, breaststroke and side stroke. 2. Open turns, flip turns, sidestroke turn & butterfly turn. 3. Explain techniques that can be used to avoid aquatic emergencies, stay safe while boating or operating personal water craft. 4. Survival swimming, HELP and huddle positions. 5. Recognizing characteristic behaviors of someone who needs help in the water. 6. Reaching, throwing and wading assists. 7. Survival float.

Turn over for open swim and water aerobics information.