



**St. Charles Swim Lesson Skill Outline**



**St. Charles Park District Learn to Swim Program  
Skill Outline**



## St. Charles Swim Lesson Skill Outline

### Bubble Club

- **Tadpoles (Parent/Child)**, Age 6-36 months: Parents will assist in teaching their little swimmers to become comfortable in water, learn front and back kicks, floating with assistance, swimming readiness, putting face in water, blowing bubbles and safety skills. This program requires active, in-water participation of adult and child. Class includes group and free-time activities.
- **Frogs (w/o Parent)**, Age 3-4 yrs.: Participants learn will learn through a variety of activities, games and songs to become comfortable in the water. Instructors will guide participants in performing skills such as flutter kicks, entering and exiting the water, and basic water safety skills. Thanks to a special partnership with the Pauly D Foundation that advocates water safety and drowning prevention, this swim lesson level is free.

**Swim Academy Prep**, Age 4-5 yrs.: Swimmers will develop swim strokes and water safety skills. Swimmers will additionally learn to float without a lifejacket, eventually fully submerge themselves under the water, and learn various progressions of kicking. Swimmers will be grouped by skill level. Lessons will be conducted in an average water depth of three feet. If your child is uncomfortable with this depth, we recommend registering for Bubble Club. Children who are not toilet-trained must wear a swim diaper. Swimmer must be able to perform all skills to advance to Swim Academy.

### Beginner 1: Snails

- Comfortable in water without parent or guardian
- Supported back float
- Enters & exits water safely without assistance
- Supported front float
- Comfortable getting mouth, nose and eyes wet
- Intro to paddle stroke arms
- Intro to front and back kick
- Float with a lifejacket
- Blowing bubbles
- Review pool rules/water safety

### Beginner 2: Ducks

- Jumps into chest deep water without assistance
- Intro to paddle stroke
- 3 comfortable submersions
- Intro to backstroke arms
- Blowing bubbles with mouth & nose
- Float with a lifejacket in 3 feet; review purpose of a lifejacket
- Unsupported front and back glide
- Unsupported front and back float
- Review pool rules/water safety
- Supported front and back kick

### Beginner 3: Frogs

- Jumps into chest deep water
- Paddle stroke 10 feet
- 5 rhythmic bobs
- Intro to back stroke
- Intro to pop-up or rollover breathing
- Correct use of a lifejacket
- Unsupported front and back kick
- Review pool rules/water safety
- Intro to in-line kick



## St. Charles Swim Lesson Parent Hand Book

**Swim Academy, Age 5+,** Swimmers will learn stroke development and water safety skills throughout four program levels. Swimmer assessments will be performed by Swim Lesson Instructors the first day of each session for proper skill level prerequisites. Level adjustment is not automatic and may take several seasons/sessions to progress. Swimmers must perform all skills to advance to the next level.

### Swim 101: Minnows

- Front Kick Performs the front kick with noodle
  - Back Kick Performs the back kick with noodle for 15 feet
  - Breath Control Performs 3 comfortable submersions
  - In-line Kick Performs the in-line kick with barbell, face in water, for 3 seconds
  - Paddle Stroke Performs the paddle stroke for 15 feet
- KEY SKILL**
- Swim Like a Fish Performs ‘Swim like a Fish’ using a pop-up or roll-over breathing for 15 feet

Students may use flotation on all skills EXCEPT freestyle

### Swim 102: Crayfish

- Front Kick Performs the front kick with kickboard for 15 feet
  - Back Kick Performs the back kick with noodle for 15 feet
  - Breath Control Performs 3 comfortable submersions
  - In-line Kick Performs the in-line kick with barbell, face in water, for 3 seconds
  - Paddle Stroke Performs the paddle stroke for 15 feet
- KEY SKILL**
- Freestyle Performs the freestyle without side breathing for 15 feet

Students may use flotation on all skills EXCEPT freestyle

### Swim 201: River Otters

- Refined In-line Kick Performs the in-line with buoyancy equipment
- Refined Back Kick Performs the back kick with buoyancy equipment
- Refined Breath Control Performs 10 consecutive rhythmic bobs
- Backstroke Performs the backstroke for 25 feet
- Freestyle Performs the freestyle without side breathing for 25 feet

### Swim 202/203: Turtles

- Refined In-line Kick Performs the in-line with buoyancy equipment
- Refined Back Kick Performs the back kick with buoyancy equipment
- Refined Breath Control Performs 10 consecutive rhythmic bobs
- Backstroke Performs the backstroke for 25 feet
- Side Breathing Performs the freestyle with side breathing for 25 feet



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### Swim 301/302: Dragonflies

- Refined Side Breathing in Freestyle Performs freestyle with side breathing for 30 feet
- Refined Back Stroke Performs backstroke for 30 feet
- Butterfly Kick Performs butterfly kick for 30 feet
- Breaststroke Kick Performs breaststroke kick for 30 feet
- Butterfly Performs butterfly stroke for 30 feet
- Breaststroke Performs breaststroke for 30 feet
- **KEY SKILL**
- 40 yard I.M. 10yds each Butterfly, backstroke, breaststroke, freestyle

### Swim 401/402/403: Salamanders

- Scissors Kick Performs scissors kick for 30 feet
- Elementary Backstroke Kick Performs backstroke kick for 30 feet
- Sidestroke Performs sidestroke for 30 feet
- Elementary Backstroke Performs elementary backstroke for 30 feet
- Treading Treads water for 60 seconds using either the scissors, whip or eggbeater kick