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Learn to Swim Program Guide

During the registration process, all children will be evaluated to ensure they are registered in the correct program. If a child is better suited to a different level, the instructor will discuss this with their parent/guardian.

Instructors are trained to recognize when children are ready for the next level, and will do everything in their power to make each child succeed. Every child progresses at their own pace and repeating a level is not a cause for concern. Most children have to repeat a level at least one time.

If lessons need to be cancelled for any reason, we will contact parent/guardian as soon as possible. Please provide accurate contact information on the registration form.

Level I: Introduction to Water Skills

In this level, children will learn how to enter and exit the water safely. Students will submerge their face and open their eyes under the water to see objects. They will learn to float on their stomach and back while being supported and learn how to change position in the water using their arms and legs.

Level II: Fundamental Aquatic Skills*

In this level, children will submerge their entire head under the water while learning breath control. Students will learn to float on their stomach and back, as well as arm and leg movements for natural swimming. Before enrolling in this level, the child should be able to raise their arms above their head, glide, roll onto a back float, and recover with one arm at a time.

*Please keep in mind that Level II is the minimum skill level to pass. Students may be able to swim on their own for 10 body lengths with one arm at a time. Students will NOT be passed if they cannot raise their entire head in the water and are still timid about submerging their entire head.

Level III: Stroke Development

Once the child can swim on their own, they will learn the fundamental of different strokes. Level III introduces elementary backstroke, the front crawl and the breast kick. Students will also learn to read water level, kick on their side, and the fundamental of diving. Prior to enrolling in this level, the child may be able to swim on their own at least 10 body lengths, float on front and back, roll, and safely enter/exist the water.

See back for more information

BINGHAM