

# Clinton Community Pool

## Swimming Lessons

### **TADPOLE 5 & 6 YEAR OLDS**

- Become oriented and move comfortably in the water
- Fully submerge face
- Demonstrate basic breath control
- Demonstrate supported floating and kicking on front and back
- Enter and exit water independently
- Become familiar with alternating arm action
- Learn basic water safety and way to get help

### **BEGINNER 7 & 8 YEAR OLDS**

- Fully submerge face and retrieve underwater objects
- Demonstrate front and back float alone
- Level off from a vertical position
- Demonstrate bobbing
- Demonstrate rhythmic breathing
- Explore deep water with support
- Perform flutter kick on front and back
- Demonstrate step-in entry and side exit
- Demonstrate turning over, back to front and front to back

### **ADVANCED BEGINNER 8, 9, & 10 YEAR OLDS**

- Retrieve objects with eyes open
- Learn front and back crawl
- Demonstrate gliding with a push off
- Learn to dive
- Reverse direction while on front and back
- Build endurance by swimming laps
- Learn treading
- Demonstrate rotary breathing
- Perfect diving
- Learn rescue breathing techniques

### **INTERMEDIATE 10, 11, & 12 YEAR OLDS**

- Demonstrate alternate breathing
- Perform front and back crawl and elementary back stroke for long distance
- Learn side and breaststroke
- Increase endurance in treading
- Perform tuck and pike surface dives
- Demonstrate throwing rescue