

Waddington Beach Lesson Program

-Groups limited to 7- 8 students per session, to ensure effective instruction. Lessons are taught with fun in mind by the Lifeguards and Red Cross Water Safety Instructor. At this level parents are strongly encouraged to attend and work with their child.

Level 1: Introduction to Water Skills

This level develops a child's comfort in and under the water, working on skills such as safe entry and exit of the water; dunking; and bubble blowing. Followed by developing the child's floating ability with tasks ranging from supported front and back floating to basic motor skills and directional movement along with basic beach safety that will consist of water safety rules, use of lifejackets and how to recognize a swimmer in need of help.

Exit Requirements:

Task 1: Enter water unassisted, move in any comfortable way 5 yards, bob 5 times, and then exit the water safely.

Task 2: Float on front with support for 5 seconds roll over with assistance then float on back with support for 5 seconds.

Level 2: Fundamental Aquatic Skills

This level takes level 1 and fine tunes the skills learned, this level works on entering the water from a jump, as well as submerging for 5 seconds. Level 2 also develops the child's floating skills to where they are able to float on both their front and back without assistance. Basic motor and swimming skills are also taught to begin the development of specific strokes. Finally beach safety is discussed as in level 1 to enforce the importance of safe play.

Exit Requirements:

Task 1: Begin with a front float for 5 seconds and then roll over to a back float will staying off of the bottom of the swimming area, then from a back float to a front float performed the same way.

Task 2: Swim using both arms and legs for 15 ft. on their front as well as 15 ft on their back.

Level 3: Stroke Development

Level 3 begins a student's progress towards effective stroke technique. Here we will work on the basic mechanics of swimming such as breath on both sides while floating on the surface, glide and kicking, and begin discussion on three of the four strokes; the front crawl, back crawl, and the butterfly kick and body motion. Concluding this level a more advanced open water survival skills will be discussed, such as the huddle position, survival float, and treading water.

Exit Requirements:

Task 1: Comfortably jump in to deep water and swim front crawl for 15 yards with face in the water, breathing to the side.

Task 2: Tread water or float for 30 seconds then swim 15 yards back crawl.

Level 4: Stroke Improvement

This level is based on the multiple strokes recognized, so here there will be more technical instruction on the three strokes learned in level 3, as well as the introduction of the fourth and fifth stroke, the breaststroke and elementary backstroke. This level also includes more advanced open water safety skills such as swimming under water, the side stroke, compact jumps, and also different throwing assists to aid a swimmer in distress.

Exit Requirements:

Task 1: Compact jump feet first then swim 25 yards of front crawl, roll over onto back and float for 1 minute in deep water and then swim 15 yards of elementary backstroke.

Task 2: Swim breaststroke for 15 yards, tread water for 1 minute, and swim back crawl for 25 yards.

Level 5: **Stroke Refinement**

Level 5 works on perfecting the child's stroke and diving skills that have been learned in previous lessons. New strokes such as the sidestroke will be introduced and practiced. Turns of the strokes will also be demonstrated and learned. Diving skills such as shallow dives, and surface dives, both tucked and piked will be taught as well.

Exit Requirements:

Task 1: Perform shallow dive in deep water, swim front crawl for 50 yards, maintain a back float for 2 minutes in deep water and swim elementary backstroke for 25 yards.

Task 2: Swim breaststroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

Level 6: **Fitness Swimming Development**

This advanced level develops a child's swimming ability to where it can be used as a source of physical fitness throughout their life. This is where we increase a child's endurance by swimming longer distances of all the strokes learned throughout the lower levels. The turns are also addressed again so that by the time this level is completed they will be able to combine the stroke and its turn making a complete efficient stroke that one can use to keep healthy and fit.

Exit Requirements:

Task 1: Swim 500 yards continuously using strokes in the following order: 100 yards of front crawl; 100 yards of back crawl; 50 yards of breaststroke; 50 yards of elementary backstroke; 50 yards of sidestroke; 50 yards of butterfly, and 100 yards of any stroke you choose.

*Anyone interested in **Red Cross Certification** by level may see Greg Mintz, Beach Director for fee structure.

There will be a vending machine available for soda and juice for your refreshment. .

Please make sure you put names on beach towels and personal belongings. We had lots of lost & found last year. Also, please be aware of the sun and how quickly children burn. Have them put sun block on before they leave the house and through out the day. If your child rides the bus, please be sure to have him or her wear appropriate footwear.

Remember, permission **slips must be sent with your child the day of signups**. Without the permission slip your child will not be allowed to participate in the swimming program.

Thank you for your support with our program. We look forward to a safe and fun summer!

Sincerely,

The Waddington Recreation Commission

**SWIM LESSON SIGN UP FORM
WADDINGTON BEACH**

**PLEASE SUBMIT ON OR BEFORE JULY 5th TO THE TOWN OFFICE
(LESSON FILL, EARLY FORMS GET PRIORITY)**

2020 Beach Swim Lessons are 7/6 to 8/17/20

Participants Name _____ **DOB** _____ **Age** _____ **Level** _____

Medications: _____ **Allergies:** _____

Special Accommodations: _____ **:Comments:** _____

NO CHILD WILL BE ALLOWED TO PARTICIPATE WITHOUT WRITTEN PERMISSION.

I hereby give my permission for my son/daughter

_____ to participate in the swimming course this year at the
Waddington Town Beach.

*****Children 6 and under are required to have an adult with them at the water's edge and during lessons.
***Children 9 and under should be supervised at the beach by a responsible adult or the recreation
program**

Signed

(Parent/guardian)

Mailing Address: _____

Date: _____

In case of emergency, I can be reached at:

Home Phone: _____

Work Phone: _____ **(Mother) Hours:** _____

Work Phone: _____ **(Father) Hours:** _____