



Kittery Outdoor Pool-Summer 2006--Level Descriptions

Level B: Parent-Preschool Aquatics

Objective: To help young children become comfortable in and around water so they are ready to learn to swim.

Prerequisite: Must be at least 3 years old by the completion of the class.

Length: 20-30 Minutes

Designed to be a playgroup, this instructor-led class will help your child to overcome the natural fear of water that most children have. Students learn skills through the use of games, songs and equipment. An adult buddy is required to accompany the student into the water. The buddy will be responsible for doing the activities that the instructor explains. Children younger than three (3) will not be allowed into this class because of the unpredictable weather and water temperature that an outdoor pool faces. Children under 3 are recommended to take an infant program at an indoor pool facility. Students age 3-5 are expected to remain in this course until they turn six (6) or the instructor approves a five old for Level I; no exceptions without prior approval. Parents are encouraged to purchase the American Red Cross Water Safety Handbook for \$5 available for purchase during your class.

Level I: Introduction to Water Skills

Objective: To help students feel comfortable in the water

Prerequisite: Six years old or five years old with the preschool lesson experience and approval from the instructor.

Length: 30 Minutes

Designed to move the student from a preschool class to a group situation without a buddy. Skills developed are water adjustment, personal safety, bubble blowing, and fully submerging. Alternating arm movement and kicking will be introduced and assisted floating. Emphasis is placed on water enjoyment. Students in Level I will receive a "Raffy Learns to Swim" participant booklet that will be used in I & II.

Level II: Fundamental Aquatic Skills

Objective: To give students success with fundamental skills.

Prerequisite: Certificate of completion for Level I or instructor approval & pretest.

Length: 30 Minutes

Designed for the beginner swimmer who is comfortable in the water. Students will learn the basics of floating, gliding, the front and back crawl, swim on side, water entry, treading water and underwater object retrieval with eyes open. Emphasis is placed on a more structured routine for the development of skills.

Deep Water Readiness

Objective: To reduce the fear of deep water or submersion and increase the comfort and ability of a student to swim unassisted in deep water.

Prerequisite: Must have a minimum of a certificate of completion for Level II or instructor approval & pretest.

Length: 30 Minutes

This class is not part of the Red Cross Swim Program and is not required to enter Level III. The class is designed to address the fear of the water that some students develop and low endurance. The small size of the Kittery Pool presents a challenge for some students that are not secure or strong enough to enter Level III or higher because to complete required skills students must swim almost constantly in water over their head. This has caused fear and frustration for many students who were advanced beyond Level II, but not able to keep up with Level III. While the course draws from skills learned in Level III more time is spent on deep water adjustment and building endurance. The instructor adjusts lesson plans to fit the needs of the students. This course has proven very effective in moving students from fear of water to safe enjoyment of the water.

Level III: Stroke Development

Objective: To build on the skills in Level II by providing additional guided practice.

Prerequisite: Certification of completion for Level II or instructor approval & pretest. Must be able to swim unassisted in deep water.

Length: 45 Minutes

Students will learn how to coordinate the front crawl and back crawl. Rotary breathing, survival floating, water safety skills, underwater swimming and the butterfly kick will be introduced. Emphasis will be placed on stroke development and endurance.

Level IV: Stroke Development

Objective: To develop confidence in the strokes learned to date.

Prerequisite: Certificate of completion for Level III or instructor approval & pretest.

Length: 1 Hour

Students will work on building endurance for and refining the front and back crawl strokes. The breast stroke, butterfly stroke, elementary backstroke and sidestroke will be introduced. Surface dives, endurance treading and personal water safety will also be taught.

Level V: Stroke Refinement

Objective: To coordinate and refine strokes

Prerequisite: Certificate of completion for Level IV.

Length: 1 Hour

Students will work to refine the front crawl, back crawl, butterfly, breast stroke, elementary backstroke and side stroke. Emphasis will be placed on building endurance. Rescue breathing, treading water with multiple kicks, surface dives, standing dives will also be taught.

Level VI: Swimming and Skill Proficiency

Objective: To refine strokes so students swim them with more ease, efficiency, power and smoothness over greater distances.

Prerequisite: Certificate of completion for Level V.

Length: 1 Hour

This class has four different Options: Personal Water Safety, Fundamentals of Diving, Fitness Swimmer, and Lifeguard Readiness. Each session is 3 weeks long and focuses on the main objective of Level VI, but it will be customized to fit the theme of that session. Students that wish to go on to more advanced aquatic classes such as lifeguarding and water safety instructor or participate in water sports such as competitive swimming/diving, surfing, skiing or boating are encouraged to complete as many of the components as possible. The Kittery Pool will offer two different sessions: Personal Water Safety and Fitness Swimmer. Students interested in Lifeguard Readiness are encouraged to take our Guardstart Junior Lifeguarding class.

Personal Water Safety: Students will build endurance by using the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. New skills will include: treading using kick only, deep water object retrieval, survival swimming, self rescue techniques, swimming while clothed and advanced flip turns.

Fitness Swimmer: Students will take the Cooper 12-minute swim test at the beginning and end of the course to evaluate progress during the course. Students will build endurance by using the front crawl, back crawl, breaststroke, elementary backstroke, sidestroke and butterfly. New skills will include: How to use a pace clock, swimming with a pull buoy, paddles or fins and various training techniques.

Kittery Pool

Swim Lessons 2006

Swim Offerings

Kittery Recreation, through a partnership with the American Red Cross, offers swim lessons that follow the Red Cross Learn-To-Swim Curriculum. Lessons are offered in 2 week increments unless otherwise noted. Students who successfully complete a swimming course will receive a Red Cross certificate unless otherwise noted. The Learn-to-Swim Program has something for every swimmer. Participation after Preschool is based on ability and successful completion of the previous level. The instructors will move students to a more appropriate level if necessary. **A Student may not register for Levels I - VI unless he/she is six years of age or older and able to stand unassisted in the shallow end of the pool (3.6 feet deep) unless otherwise approved by the Aquatics Director.**

Changes to Swim Program

A reminder that last summer, the Red Cross revised its Learn to Swim Program to better meet student needs. Significant changes include the reduction of 7 levels to 6, four different components under Level 6, a redistribution of skills and revised criteria for successful completion. The preschool program was revised and now reflects what the Kittery Pool was already offering as a non-Red Cross class. These changes significantly improve the program; however, the implementation will create some confusion for returning students. In general, student in Levels I – V should remain in the Level that he/she expected to be in; however, significant restructuring occurred in Level IV & V which might require the instructor to move a student down a level. Students in Level VI or VII should choose Level VI as the skills for both were combined and made more difficult.

Resident Fees

Level B - V is \$35 per student
Family Maximum is \$70
Level VI \$45
Family Maximum applies + \$10 per VI student

Non-Resident Fees

Level B - Level V is \$45 per student
Family Maximum is \$90
Level VI is \$55
Family Maximum applies + \$10 per VI student

(Please See Other Side for 2006 Swim Lesson Schedule)

