



HACKETTSTOWN COMMUNITY POOL

499 Warren Street – Hackettstown, NJ 07840

REQUIREMENTS & SUMMARY OF SWIM LESSON LEVELS

LEVEL 1 - Introduction to Water Skills: The objectives of Level 1 are to learn personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Participants start developing positive attitudes and good swimming habits.

PREREQUISITES: *At least Age 5*

LEVEL 2 - Fundamental Aquatic Skills: Participants learn to float without support and to recover to a vertical position. Participants develop arm and leg actions on the front and back that lay the foundation for future strokes.

PREREQUISITES: *Comfort in and under water, ability to float on front and back with limited assistance.*

LEVEL 3 - Stroke Development: Participants learn to survival float, swim the front crawl and elementary backstroke. Scissor and dolphin kicks are introduced. Participants build on fundamentals of treading water and learn rules for head-first entries from a seated position on the deck.

PREREQUISITES: *Ability to float on front and back without support, basic understanding & performance of arm and leg actions on front and back.*

LEVEL 4 - Stroke Improvement: Participants develop confidence and improve aquatic skills. Participants increase their endurance by swimming for greater distances. Participants also start to learn the back crawl, breaststroke and butterfly, as well as the basics of turning at a wall.

PREREQUISITES: *Endurance to swim across the entire “deep” (5’) section of the main pool, proficiency in front crawl and elementary backstroke, survival float and basic skills for treading water*

LEVEL 5 - Stroke Refinement: Participants refine their performance of all the strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

PREREQUISITES: *Advanced skill in front crawl and elementary backstroke, proficiency in all other strokes, endurance to complete consecutive laps (with turns) across the diving tank.*

LEVEL 6 - Diving: This course will review all of the dives learned in levels 1-5 as well as introduce more advanced dives.

PREREQUISITES: *comfort in 9’ pool, some familiarity with basic dives.*

LEVEL 6A - Stroke & Turn: Participants will refine stroke technique in order to swim with more ease, efficiency, and power over greater distances. Excellent course for those who are: considering competitive swimming, training for an athletic event or to take a more advanced course such as Lifeguarding.

PREREQUISITES: *Advanced skill in all strokes, proficiency with basic turns and flip turns.*

LEVEL 6B – Fitness Swimmer: Participants will focus on skills and techniques to maximize distance and endurance. Course will combine cardiovascular workouts with drills focused on breathing technique and conservation of energy.

PREREQUISITES: *See those for level 6.*