

# PAOLA FAMILY POOL

## Summer Swim Lessons

913-259-3600

### To Parents:

Congratulations on your child's participation in the City of Paola Swimming and Water Safety program. It cannot be overemphasized that participation in any swim lesson program will not "drown-proof" your child. It is only the first step in developing your child's water safety and swimming skills. Year-round practice, regular exposure to water and positive encouragement are the tolls needed for developing your child's comfort level in water and improving his or her swimming skills. The following are guidelines on what your child will be learning at each level.



### Level 1 Introduction to Water Skills

HELPS PARTICIPANTS FEEL COMFORTABLE IN THE WATER

- Enter/Exit water safely using ladder steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arms and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back



### Level 2 Fundamental Aquatic Skills

GIVES PARTICIPANTS SUCCESS WITH FUNDAMENTAL SKILLS

- Enter water by stepping or jumping from side
- Fully submerge and hold breath
- Bobbing
- Open eyes underwater retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to a vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action



### Level 3 Stroke Development

BUILDS ON THE SKILLS IN LEVEL 2 THROUGH ADDITIONAL GUIDED PRACTICE IN DEEPER WATER

- Enter water by jumping from the side
- Head-first entry from the side in a sitting or kneeling position
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- back in deep water
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke



### Level 4 Stroke Improvement

DEVELOPS CONFIDENCE IN THE SKILLS LEARNED AND IMPROVES OTHER AQUATIC SKILLS

- Headfirst entries from the side in compact and stride positions
- Swim underwater
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Flutter and dolphin kicks on back

