

PRE-SCHOOL CLASSES

All students are evaluated the first day of class and placed into learning groups based on their ability.

LEARN TO SWIM LEVELS

LEVEL 1

For children with no previous experience in the water. Water safety, water adjustment and basic skills are emphasized.

LEVEL 2

Children must have passed level 1, or wearing a floatation cube, jump into deep water and swim 25 yds—1/2 length beginner crawl (face in water is optional) and 1/2 length beginner back. Also, jump into shallow water without a cube, swim 15 yd demonstrating beginner crawl and beginner back.

Level 3

Children must have passed level 2, or wearing a cube, jump into deep water w/out assistance, swim 25 yd beginner crawl, blowing bubbles occasionally. Also wearing a cube jump into deep water, swim 25 yd beginner back or back crawl. Also, without a cube jump into deep water, swim 1/2 length beginner crawl, blowing bubbles occasionally, roll to back and finish the length using beginner back or back crawl.

Level 4

Children must have passed level 3 or be able to demonstrate 25yd. Each of front crawl back crawl and elementary backstroke. Also demonstrate a propulsive breaststroke kick and butterfly kick for 25 yd.

Level 5

Children must have passed level 4 or demonstrate that they can swim continuously for 300 yd. demonstrating front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate 25 yd. of butterfly and the ability to tread and float for 2 min. Demonstrate a surface dive and retrieve a ring from the deep end.

Level 6

Children must have passed level 5 or be able to demonstrate 50 yd. of each stroke with proper technique—front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Also swim 500 yd. continuously demonstrating 100 yd of front crawl, back crawl, elementary backstroke, breaststroke and sidestroke. Demonstrate the ability to survival float for 5 min. each on the front and back. Also perform a ft. first surface dive, retrieve a weighted object from bottom and return to the surface and starting point.

Penn State Harrisburg
777. W. Harrisburg Pike
Middletown, PA 17057

PENN STATE HARRISBURG AQUATICS CENTER

Capital Union Building
717-948-6740
717-948-6664



**YOUTH
SWIM
LESSONS
Fall 2009**

~

Spring 2010

Main Inside Heading



Caption describing picture or graphic.

The most important information is included here on the inside panels. Use these panels to introduce your organization and describe specific products or services. This text should be brief and should entice the reader to want to know more about the product or service.

You can use secondary headings to organize your text to make it more scannable for the reader.

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore et accumsan et iusto odio dignissim qui mmy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat.

Secondary Heading

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisis enim ad minim veniam, consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum. Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisis enim ad minim veniam, consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan.

Secondary Heading

Lorem ipsum dolor sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat. Ut wisis enim ad minim veniam, quis nostrud exerci tution ullamcorper suscipit lobortis nisl ut aliquip ex ea commodo consequat. Duis te feugifacilisi. Duis autem dolor in hendrerit in vulputate velit esse molestie consequat, vel illum dolore eu feugiat nulla facilisis at vero eros et accumsan et iusto odio dignissim qui blandit praesent luptatum zrril delenit au gue duis dolore te feugiat nulla facilisi. Ut wisi enim ad minim veniam, quis nostrud exerci taion ullamcorper suscipit lobortis nisl ut aliquip ex en commodo consequat. Duis te feugifacilisi per suscipit lobortis nisl ut aliquip ex en commodo consequat. Lorem ipsum dolor



Caption describing picture or graphic.

sit amet, consectetur adipiscing elit, sed diam nonummy nibh euismod tincidunt ut laoreet dolore magna aliquam erat volutpat.

	
<p>Penn State Harrisburg 777. W. Harrisburg Pike Middletown, Middletown, PA</p> <p>Phone: 555-555-5555 Fax: 555-555-5555 E-mail: someone@example.com</p>	