

## PROGRAM OVERVIEW

Ives Pool has provided the opportunity for generations of Sonoma County residents to learn the skills necessary to be water safe. Our swim lessons are designed to encourage a lifetime of safety, fun, and fitness in and around the water.

Water safety is the primary reason to learn to swim. The program begins with teaching basic floats and kicking so swimmers feel comfortable enough to submerge and move through the water. Each level builds skills and endurance with a specific teaching progression to make learning easier. Upon completion of our program swimmers will be confident in the water.

Each session begins with an introduction of the teachers, followed by a skill assessment of all swimmers and a water safety talk. If a swimmer has been placed in an incorrect level, they will be placed in the correct level at this time.

Students learn at their own paces. It is very common for a swimmer to spend the entire summer in the same level. With repetition, practice and demonstration, swimmers will succeed in each level.

### IMPORTANT REMINDER

Please remember when signing up students that most swimmers have not been swimming consistently since last August. Therefore, students may need to go back a level to review.

## LEVEL DESCRIPTIONS

### PARENT & TOT

This is a water exploration class for tots accompanied by adults. The instructor will lead swimmers through water games and activities designed to help them become comfortable in the water. The Parent & Tot class is perfect for young swimmers who may not yet be ready to swim without a parent nearby.

### LEVEL 1-A

Students learn to become comfortable in and under the water without flotation devices. This is a new level for the younger swimmers who are not yet ready to learn to float and streamline kick on their own but are ready to be away from their parents.

### LEVEL 1-B

Students learn how to combine floats and kicking while working on their swimming holding onto the wall. Swimmers will learn to “Starfish” float for a full 10 seconds, perform correct arm circles and “Streamline” kick before moving to Level 2.

### LEVEL 2

Students learn locomotion by “Streamline” kicking and gradually adding arm circles. Swimmers who can perform a full, non-stop length of “Catch-up” freestyle across the teaching pool will advance to Level 3 and earn their “Deep Water Safety” award.

### LEVEL 3

Students build on skills learned in Level 2, start side-breathing freestyle and back floats. Students performing a full, non-stop length of side-breathing in the teaching pool will advance to Level 4 and earn their “Freestyle” award.

### LEVEL 4

Students continue side-breathing in the lap pool but focus on learning backstroke. Swimmers performing a full, non-stop length of backstroke in the lap pool will advance to Level 5 and earn their “Backstroke” award. Swimmers must pass level 3 before advancing to level 4 as side-breathing is not the focus of this class.

### LEVEL 5

Students review freestyle and backstroke but focus on learning breaststroke. Swimmers performing a full length of breaststroke advance to Level 6 and earn their “Breaststroke” award.

### LEVEL 6

Students review freestyle, backstroke and breaststroke but focus on learning butterfly. Swimmers performing a full length of butterfly graduate from the program and earn their “Butterfly” award. Swimmers passing level 6 are ready to join a competitive swim team.

### INTRO TO GUARDING

Students review the four competitive strokes, work on endurance and begin to learn about the skills used for lifeguarding. This class will be taught by an experienced lifeguard. Upon completion each student will be given the opportunity to shadow a lifeguard for a public swim.

### ADULT BEGINNER

Students will work on skills from water safety and floating to freestyle and backstroke. The pace of the class will be determined by student progress and need. This is a great opportunity for adults with no previous swim or water experience.

**For more information please contact Aquatics Director Ricardo Freitas at Ives Pool (707) 823-8693, [ivespool@sbcglobal.net](mailto:ivespool@sbcglobal.net) or go to the Ives Pool Website at [www.ivespool.org](http://www.ivespool.org)**