



# SWIM INSTRUCTION

Welcome to the Westport Parks and Recreation Swim Program! Through instruction and games, we hope your child will have fun in the water as well as progress to be a strong swimmer. We follow the American Red Cross Learn to Swim Program and all instructors are certified Water Safety Instructors. This program encompasses six different levels of instruction. Children will be taught specific skills and will be evaluated at the end of each session. If they are able to complete all the skills required for their level, they will receive a certification card and will advance to the next level. Some children progress faster than others and it is not unusual that some children have to repeat the same level more than once in order to pass the requirements. The following is a brief description of each level and the table that follows describes the skills that will be taught.

- 13 - 18 months (Toddler) **Parent / Child** Objective is to help participants feel comfortable in the water and to enjoy it safely. Basic swimming skills are taught.
- 19 – 36 months (Toddler) **Parent / Child** Objective is to help participants feel comfortable in the water and to enjoy it safely. Basic swimming skills are taught.
- Level 1: **Introduction to Water Skills:** Objective is to help participants feel comfortable in the water and to enjoy it safely. Basic swimming skills are taught.
- Level 2: **Fundamental Aquatic Skills:** Objective is to teach participants the basic skills of swimming, including learning breath control, bobbing, and alternating arm action.
- Level 3: **Stroke Readiness:** Objective is to coordinate front and back crawl with rotary breathing and introduce elementary backstroke. Safe diving procedures will also be introduced.
- Level 4: **Stroke Improvement:** Objective is to develop and improve strokes already learned as well as build confidence and endurance. Breast and sidestroke will also be improved as well as introducing the butterfly.
- Level 5: **Stroke Refinement:** Objective is to review all strokes including the butterfly and breaststroke. Flip turns and shallow diving will also be introduced and reviewed.
- Level 6: **Personal Water Safety:** Objective is to review and demonstrate all strokes for 500 yards and learn basic water safety techniques for open water and boating. Participants must tread water for 3 minutes
- Level 6: **Fitness Swimming:** Objective is to review and refine all strokes and develop endurance. Competitive strokes and the use of pull buoys and paddles will be introduced. Participant will also learn how develop life long fitness habits.

Level 1 Introduction to Water Skills	Level 2 Fundamental Aquatic Skills	Level 3 Stroke Development	Level 4 Stroke Improvement	Level 5 Stroke Refinement	Level 6 Personal Water Safety	Level 6 Lifeguard Readiness	Level 6 Fitness Swimming
Orientation to aquatic environment	Floating and kicking on front and back	Jumping into deep water, sitting dive	Standing front dive	Alternate breathing	Review endurance skills - all strokes	Review endurance skills - all strokes	Review endurance skills - all strokes
Submerge mouth, nose and eyes, blowing bubbles	Breath control (bobs), underwater swimming, submerge head	Object retrievals, rotary breathing, bobs	Swim underwater, surface dives, treading water	Swimming under water, treading water	Review all turns - flip turns and open turns	Surface dives, throwing assists, rescue breathing, emergency plan	Review all turns - flip turns and open turns
Alternating arm action	Combined arm and leg action on front and back	Treading water	Breaststroke, side stroke, butterfly, front crawl	Front crawl, butterfly, breaststroke, back crawl, sidestroke	Surface dives, HELP position, treading water legs only	In-water rescue techniques using equipment	Incorporating learn to swim skills into lifetime fitness
Supported floating and kicking on front and back	Turning over back to front, front to back	Front crawl, back crawl, elementary backstroke	Turns at the wall	Flip turns front and back	Survival swimming, self-rescue techniques	Wading assists, treading water	Conditioning principles
Water safety rules	Using a lifejacket and moving in the water	Turns while swimming on front and back	Throwing assists, care for choking victim	Shallow and surface dives, sculling	Safety rules for open water and boating	Review basic water safety skills	Learn to use pull buoys, paddles, fins, and pace clock
Personal safety and rescue	How to recognize a swimmer in distress	Personal Water Safety, safety positions	Survival Float	Survival swimming, rescue breathing	Retrieve object from the bottom (deep water)	Assist with backboard rescue	Calculate target heart rate and training techniques

## **SESSION DATES AND TIMES:**

There are four different sessions for the weekday swim program. The sessions are two weeks and meet daily, Monday through Friday, for a total of 10 lessons. Saturday swim classes meet every Saturday for eight weeks. Please consult the program guide for more detailed information.

## **SWIM STAFF:**

Cyndi Palaia is the swim coordinator. She can be reached at (203) 341-5087 or [Cpalaia@westportct.gov](mailto:Cpalaia@westportct.gov). If you have any questions or concerns about the program and your child's progress, please feel free to contact Cyndi.

## **DROP OFF, PICK-UP AND PARKING:**

All lessons are held at the Longshore Pool Complex in Longshore Club Park. When dropping off and picking up your child, please pull into the turn around area in the pool parking lot. **YOU MAY NOT PARK IN THE TURN AROUND AREA – ONLY DROP OFF OR PICK UP.** The pool lot is available for parking **IF YOU HAVE A PARKING EMBLEM.** If you do not have a parking emblem and wish to park your vehicle, the gravel and paved lot at the marina are available.

## **RAIN DAYS:**

All instruction is **OUTDOORS.** There are no indoor facilities. Any day that there is a threat of rain or rain occurs; it is up to you to call the cancellation line at Parks and Recreation, **(203) 341-5074.** There are no make-ups due to inclement weather. **DO NOT CALL THE POOL OFFICE.**

## **INFORMATION ABOUT THE LESSONS:**

- Attire for the lesson should be a bathing suit – no cut offs or shorts. Toddlers must wear a swim diaper if not toilet trained. Each participant should also bring a towel. Locker rooms are available for changing if the child wishes to bring their bathing suit with them. **ALL PARTICIPANTS MUST TAKE A SHOWER PRIOR TO ENTERING THE POOL.**
- There is no eating or drinking on the pool deck.
- ***If parents wish to stay and watch their child's lesson they may do so but must be on the outside of the fence. YOU MAY NOT STAND ON THE POOL DECK. (Unless you are registered for the parent / child class).***
- No flotation devices of any kind (i.e. bubbles, swimmies) may be used at any time.
- Please apply sunscreen protection to your child to protect him/her from the sun.
- There are many children enrolled in the toddler program and levels 1 and 2 that are not happy about entering the water. The instructors will do their best to persuade the child to go into the water, but under no circumstances will the instructor "make" the child enter the water unwillingly. We ask the parents to speak with their children prior to lessons beginning about the water and the safe atmosphere it provides.

## **GENERAL RULES:**

- All participants are expected to respect each other and all staff. Discipline problems will not be tolerated and are grounds for immediate dismissal from the program with no refund.
- At the end of each lesson, please be sure to pick up all belongings. There is no lost and found.

The Westport Parks and Recreation Department wants this to be an enjoyable experience for all participants. Please take the time to read this information with your child so he/she understands all the rules and regulations.