



## Water Introduction



### Ducky Dippers

Age Guideline: 2 months - 2 years

Parental Participation: Recommended

Pool Area: Wading Pool - Near Frog Slide

Water Depth: 0' - 1.5'

Pre-Requisite Skills: None

Course Objectives: This is NOT a structured class, but provides a lifeguarded playtime opportunity for those not enrolled in swimming lessons to explore the water and become comfortable with the aquatic environment.

### Parent Child

Age Guideline: 6 months - 2 years

Parental Participation: Required

Pool Area: Leisure Pool

Pre-Requisite Skills: None

Course Objectives: The focus of this course is to help teach parents ways to safely interact with their children in the water, develop swimming skills, and encourage safe swimming habits. This course includes a lot of skill repetition to encourage retention and positive habit formation at a young age.

## Skill Basics

### Level 1

Age Guideline: 3-7 years

Parental Participation: Suggested until children will work independently with an instructor.

Pool Area: Leisure Pool

Pre-Requisite Skills: None

Course Objectives: The focus of this course is water adjustment and comfort. Participants will be taught breathing basics (bubble blowing with mouth & nose), basic propulsion in the water (arm and leg movement), submerging entire head and open eyes underwater, and floating with assistance (front and back).

### Level 2

Age Guideline: 3-7 years

Parental Participation: Suggested until children will work independently with an instructor.

Pool Area: Leisure Pool

Pre-Requisite Skills: Submerge entire head comfortably and open eyes under water. Float with assistance for 30 seconds, front and back.

Course Objectives: The focus of this course is skill introduction and development. Participants will learn to float independently, perform front and back glides, Front Crawl, Back Crawl and Elementary Backstroke.

### Level 3

Age Guideline: 6-9 years

Parental Participation: Discouraged. Children need to participate independently & follow instructions.

Pool Area: Leisure Pool

Pre-Requisite Skills: Float independently front (15 sec) and back (30 sec), Front Crawl (2 yd), Back Crawl (5 yd), and Elementary Backstroke (5 yd).

Course Objectives: The focus of this course is skill introduction and development. Participants will learn to increase distance for front and back glides, Front Crawl Back Crawl, and Elementary Backstroke. They will also be introduced to finning and recovery.

### Level 4

Age Guideline: 8-10 years

Parental Participation: Discouraged. Children need to participate independently & follow instructions.

Pool Area: Leisure Pool & Lap Pool

Pre-Requisite Skills: Front and back glides (5 yd), Front Crawl (5yd), Back Crawl (15 yd), and Elementary Backstroke (15 yd)

Course Objectives: The focus of this course is skill introduction and development. Participants will learn to increase distance for Front Crawl, Back Crawl, and Elementary Backstroke. They will also be introduced to the rotary breathing technique with front strokes, treading water and head-first entry.

### Level 5

Age Guideline: 9-11

Pool Area: Lap Pool

Pre-Requisite Skills: Front Crawl with rotary breathing (15 yd), Back Crawl (25 yd), and Elementary Backstroke (25 yd).

Course Objectives: The focus of this course is skill introduction and development. Participants will become comfortable in deep water, practice increased distance for previous strokes and be introduced to swimming the Breaststroke and Sidestroke.



## Skill Refinement

### Level 6

Age Guideline: 10-13 years

Pool Area: Lap Pool

Pre-Requisite Skills: Front crawl with rotary breathing (25 yd), Back Crawl (50 yd), Elementary Backstroke (50 yd), Breaststroke (15 yd), and Sidestroke (15 yd).

Course Objectives: The focus of this course is skill refinement. Participants will practice increased distance for previous strokes, treading water and be introduced to turns in the water, more advanced diving techniques and the Butterfly stroke.

### Level 7

Age Guideline: 12-15 years

Pool Area: Lap Pool

Pre-Requisite Skills: Front crawl with rotary breathing (50 yd), Back Crawl (75 yd), Elementary Backstroke (75 yd), Breaststroke (25 yd), Sidestroke (25 yd) and tread water (3 min).

Course Objectives: The focus of this course is skill refinement. Participants will practice increased distance for previous strokes, and improve technique for treading, turns, and diving.

## Additional Courses

### Junior Lifeguard/Lifesaving Merit Badge

Age Guideline: 14-18 years

Pool Area: Lap Pool and Classroom

Pre-Requisite Skills: Head-first entry into deep water. Front Crawl (50 yd), Back Float (2 min), Elementary Backstroke (25 yd). Breaststroke (25 yd), Tread water (2 min), and Back Crawl (50 yd).

Course Objectives: This course will provide the foundation for getting a head start on a future as a lifeguard. The Course includes training on first aid, CPR and basic rescue techniques. The BSA Lifesaving Merit Badge certification can be acquired through successful completion of this course.

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**245 E. 2550 N.**

**North Ogden, UT 84414**

**801.782.9712**

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