



Swimming Lessons Information

Welcome to Zeeland Recreation Aquatics and thank you for choosing us for your child's swim lessons! Our program is designed to provide opportunities for children of all ages and abilities in a safe, healthy, fun environment. Our goal is to develop your swimmer's love for the water and we are committed to making your swimmer's experience positive. Please call 616-748-3230 if you have questions regarding placement. For additional information, visit

<http://recreation.zps.org/swim-lessons>.

PARENT & CHILD LESSONS (6 MONTHS - 3 YEARS OLD)		
Level	Prerequisite(s)	Class Description
Parent-Child	No prerequisites. Children not fully potty trained should wear a swim diaper to class.	An opportunity to help your child feel comfortable in and around the water. It also provides readiness for learning to swim by emphasizing safety and fun. The program gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner.
PRESCHOOL LESSONS (AGES 3-5, WITHOUT PARENT)		
Preschool	No prerequisites. Children will advance at their own pace through preschool levels 1-3 before advancing to progressive levels 1-6.	This is your child's chance to enter the water without a parent for the first time. The goal is to promote an appreciation for the water and to help children develop good attitudes and safe practices around the water. This level will focus on water adjustment including water entry and exit, breath control, buoyancy and basic swimming skills.
PROGRESSIVE LESSONS (AGES 6 & UP)		
Level 1	No prerequisites.	Learn basic personal water safety info and elementary aquatic skills, including floating on one's own without support. If child has mastered the preschool level skills, they should go directly to Level 2 when 6 years of age.



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Level 2	<p>Participants should be able to enter the water independently, complete a glide on their front for 2 body lengths and back float for 10 seconds. Swimmers should also be comfortable submerging their face</p>	<p>Level 2 marks the beginning of true locomotion skills. Participants will begin working on front and back crawl, as well as the arm action for elementary backstroke.</p>
Level 3	<p>Participants should be able to move into a front float for 10 seconds, roll to back and float for 10 seconds, swim front crawl and back crawl for at least 10 yards.</p>	<p>Participants will continue to work on their front and back crawl and add the leg action to the elementary backstroke. The dolphin and scissors kicks will be introduced, as well as treading water and diving from the kneeling position.</p>
Level 4	<p>Swimmers should be able to show stroke proficiency in the front crawl, back crawl and elementary backstroke. Participants should be able to swim independently for 25 yards on their front and back.</p>	<p>Develops the participant's confidence in the strokes learned thus far and improves other aquatic skills. We will work on endurance and refining strokes. Participants will add arms to the scissors kick for the sidestroke and start to learn the breaststroke and butterfly.</p>
Level 5	<p>Participants should be able to swim front crawl for 50 yards, elementary backstroke and back crawl for 25 yards, and breaststroke and sidestroke for 15 yards</p>	<p>Participants will work on coordination of strokes. They will refine their performance of all the strokes, including front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke. Flip turns are introduced.</p>
Level 6	<p>Participants should be able to efficiently swim with proper technique 100 yards of front crawl, 50 yards of elementary backstroke and back crawl and 25 yards of breaststroke and sidestroke.</p>	<p>Refines the strokes so students swim them with ease, efficiency and power over greater distances. Designed with a focus on fitness swimming and developing lifelong water skills, increasing endurance and preparing individuals for advanced aquatic activities as lifeguard training and swim team.</p>