

2.5 -5 YRS.

Is your child comfortable in the swimming pool with someone other than their parent?

No

YES

Will your child hold onto the side of the pool for the duration of the class time?

No

YES

Can your child blow bubbles, submerge their head, and float on their back with assistance?

No

YES

Can your child bob 5 times, float on their back and stomach for 5 seconds without assistance, kick using a barbell or noodle without assistance, and swim for 8 ft. on their stomach using any form of arm and leg movement?

No

YES

Level 2 Swim Lesson

6 Mo. - 2.5 YRS.

Parent & Child Swim Lesson.

Preschool Swim Lesson

LESS THAN 6 MO.

No Swim Lessons available until child is 6 months old.

Advance Preschool Swim Lesson

What level should I sign my child up for?
How old is your child?



6+ YRS.

Can your child bob 5 times, float on their back and stomach for 5 secs. without assistance, kick using a barbell or noodle without assistance and swim for 8 ft. on their stomach using any form of arm and leg movement?

No

Level 1 Swim Lesson

YES

Can your child blow hold their breath underwater for 5 secs., float on their back and front for 10 secs., Front glide for 10 ft., swim on their front and back for 20 ft., and jump into the deep water independently?

No

Level 2 Swim Lesson

Level 3 Swim Lesson

No

Level 4 Swim Lesson

YES

Can your child swim 25 yds., (1 length of the pool) using proper technique for front crawl, elementary backstroke, breaststroke and back crawl stroke? Can they tread water for 1 min., dive head first from a standing position and kick continuously using a kickboard for 50 yds.

5-6 YRS.

Is your child comfortable in the water?

No

Preschool Swim Lesson

YES

Can your child blow bubbles, submerge their head, and float on their back with assistance?

No

Advance Preschool Swim Lesson

YES

Can your child bob 5 times, float on their back and stomach for 5 secs. without assistance, kick using a barbell or noodle without assistance and swim for 8 ft. on their stomach using any form of arm and leg movement?

No

Level 1 Swim Lesson

Level 5 Swim Lesson

YES

Level 2 Swim Lesson



2017 EVENING

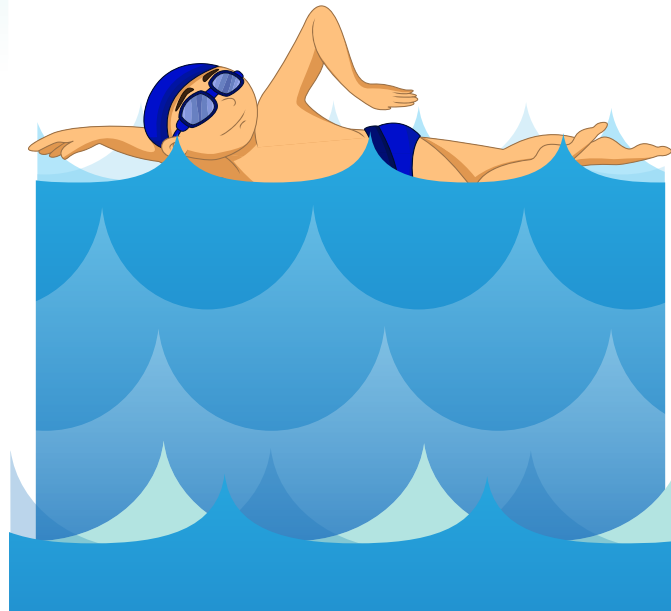
SWIM LESSONS

BANGOR AQUATICS CENTER



(360) 315-2131

nbk.aquatics@navylifepnw.com



Swim Lessons

DESCRIPTIONS



floating, kicking and putting faces in the water. This class involves games and activities to further encourage enjoyment in the water.

Suggested for children who are not yet comfortable with putting their faces in the water. Passing requirements (all with instructor assistance): front float, back float, submerging head, swimming on front and swimming on back.

ADVANCED PRESCHOOL

(ages 2 ½ - 5 ½ years) continues to increase students' swim skills by encouraging them to float and submerge on their own as well as introduce basic swimming techniques. Advanced preschoolers learn how to alternate leg and arm actions by themselves, master floating on their own, and become fully comfortable under the water.

Suggested for children who are comfortable in the water and ready to begin swimming on their own. Passing requirements: bob 5 times consecutively with a fully submerged head, float on both their back

and stomach for 5 seconds independently, kick using a barbell independently, and swim on stomach for 2 body lengths using any kicking and arm combination. When passing out of Advanced preschool students will move directly to Level 2.

LEVEL 1

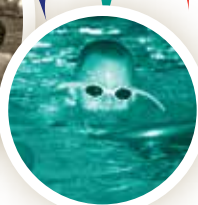
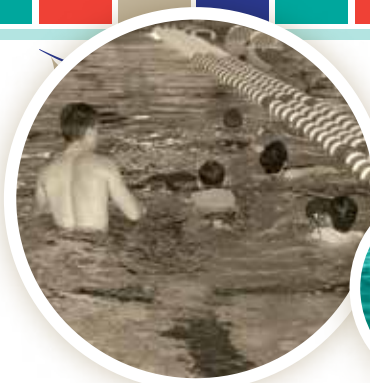
introduces children ages 5 and older to the water. Students work on skills such as water entry and exit, submerging, floats, glides, and alternating arm and leg movements.

Passing requirements: bob 5 times consecutively, fully submerging head, float on both their back and stomachs for 5 seconds independently, kick using a barbell independently and swim on stomach for 2 body lengths using any kicking and arm combination.

LEVEL 2

(ages 3 years and Up) students work to master fundamental skills such as floats and glides, while also learning how to swim and tread water independently. The primary strokes taught are front crawl and elementary backstroke with introductions to breaststroke and backstroke.

Passing requirements: jump into the deep end of the pool independently, submerge completely and retrieve a sunken object,



float on both their back and stomachs for 10 seconds, kick using a kickboard, front and back glide for 2 body lengths, perform front crawl stroke for 5 body lengths, and perform elementary backstroke for 5 body lengths.

LEVEL 3

encourages students to be comfortable in deep water by learning head-first entries and treading water. Students refine their front crawl stroke and elementary backstroke, in addition to increasing their endurance. Students also spend time learning the basics of breaststroke and backstroke.

Passing requirements: jump into the deep end of the pool independently, float on both back and stomach for 30 seconds, front and back glide for 5 body lengths, front crawl stroke for 15 yards,

demonstrating side breathing and proper arm recovery, perform elementary backstroke for 15 yards, and be comfortable entering the water head first from a sitting position.

LEVEL 4

students work to improve the technique of their front crawl and elementary backstroke while also improving their endurance and diving skills. In addition, students start to focus on breaststroke, sidestroke and back crawl.

Passing requirements: dive into the deep end of the pool from a standing position, tread water for 1 minute, swim front crawl stroke, elementary backstroke, breaststroke, and back crawl stroke for 25 yards (1 length of the pool) using proper technique and be able to kick continuously on a kickboard for 50 yards (1 lap of the pool).

LEVEL 5

allows students to refine their stroke by building confidence in the techniques they have learned. They learn butterfly stroke, flip turns and the beginning steps to start dives used in competitive swimming. This class helps to prepare students for the swim team and dive team, as well as, the American Red Cross Lifeguard Training and Water Safety Instructor courses. After passing all of the skills in level 5, students are ready to join a swim team.



Classes run every month. Contact the pool or visit the website for more information.

navylifepnw.com

