

# youth swimming

## LEARN-TO-SWIM CLASSES

The pool staff offers four different two-week sessions of instruction in a wide range of classes. Advancement is based on meeting the Basic Advancement Criteria below.

### PRESCHOOL AQUATICS

#### (Parent & Child Pre-School Aquatics)

Gives young children ages 3 to 5 years a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival and foundational swimming concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers and parents.

*(Restriction: Only one child per adult is allowed, all other children must wait outside the pool facility.)*



### LEVEL: Child and Parent

Helps participants feel comfortable in the water and enjoy the water safely.

- Enter and exit water using ladder, steps or side
- Blowing bubbles through mouth and nose
- Submerging mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front glide and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Treading with arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back
- Combined arm and leg actions on front and back
- Staying safe around aquatic environments
- Recognizing the lifeguards
- Don't just pack it, wear your jacket
- Recognizing an emergency
- How to call for help
- Too much sun is no fun

### POOL SPECIALS

To all Chardon School District residents:  
Please donate a non-perishable food item and receive

**FREE pool admission.**

ON

**Friday, June 2** – the entire day

1:00 to 5:00 p.m. & 6:30 to 8:30 p.m.

**Pool Party** in conjunction with the Chardon Community  
Action Team

**Music** by a DJ in the afternoon.

Look forward to one of the following events that will take  
place every **Tuesday & Thursday beginning at 2:45 p.m.:**

Watermelon Day

Jump, Twist or Dive off the Diving Board Contest

Race the (Handicapped) Lifeguard

Flotation Device Race

Underwater Swim Contest

Underwater Swim Contest

And Other Activities

#### **Monday thru Friday**

Course #001A: June 12 – June 23; 11:15a.m.-11:45a.m.

Course #001B: June 26 – July 7; 11:15a.m.-11:45a.m.

#### **NO JULY 4<sup>TH</sup> CLASS**

Course #001C: July 10 – July 21; 11:15a.m.-11:45a.m.

Course #001D: July 24 – Aug. 4; 11:15a.m.-11:45a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

#### **Monday thru Friday – NIGHT Session**

Course #022X: July 31 – Aug. 11; 5:45 p.m. – 6:15 p.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

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## LEARN-TO-SWIM

*Based on a logical, six-level progression that helps swimmers about years of age and older develop their water safety, survival and swimming skills. It is designed to give participants a positive learning experience.*

### LEVEL 1: Beginning Swimming

Helps participants feel comfortable in the water.

- Enter water using ramp, steps or side
- Exit water using ladder, steps or side
- Blow bubbles: 3 seconds
- Bobbing: 5 times
- Open eyes underwater and retrieve object: 2 times
- Front glide: 2 body lengths
- Recover from a front glide to a vertical positions
- Back glide: 2 body lengths
- Back float: 5 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back; back to front
- Arm and hand treading actions, in chest deep water
- Front and back flutter kick
- Front crawl and back crawl arms
- Demonstrate knowledge of fundamentals of front crawl and back crawl
- Knowledge of pool rules and safety

#### Monday thru Friday

Course #022A: June 12 – June 23; 10:40 a.m. – 11:10 a.m.

Course #022B: June 26 – July 7; 10:40 a.m. – 11:10 a.m.

#### NO JULY 4<sup>TH</sup> CLASS

Course #022C: July 10 – July 21; 10:40 a.m. – 11:10 a.m.

Course #022D: July 24 – Aug. 4; 10:40 a.m. – 11:10 a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

### LEVEL 1: Beginning Swimming

This class will allow children who cannot attend the morning swim lessons an option to attend an evening session. The fundamental skills taught are the same at the morning class.

#### Monday thru Friday

Course #023X: July 31 – Aug. 11; 5:45 p.m. – 6:15 p.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

### LEVEL 2: Advanced Beginning Swimming

Gives participants success with fundamental skills.

- Fully submerge and hold breath: 10 seconds
- Bobbing: 10 times
- Open eyes underwater and retrieve object: 3 times
- Rotary Breathing: 5 times
- Front glide: 2 body lengths
- Front float: 10 seconds
- Jelly fish float: 10 seconds
- Recover from a front float or glide to vertical position
- Back glide 2 body lengths
- Back float: 15 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back; back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions: 15 seconds
- Front crawl, back crawl 1 pool length each
- Fundamentals of elementary backstroke
- Jump into deep water from side of pool with life jacket on
- Tread water for 1 minute using arm and leg movements
- Knowledge of pool rules and safety

#### Monday thru Friday

Course #002A: June 12 – June 23; 10:05 a.m. – 10:35 a.m.

Course #002B: June 26 – July 7; 10:05 a.m. – 10:35 a.m.

#### NO JULY 4<sup>TH</sup> CLASS

Course #002C: July 10 – July 21; 10:05 a.m. – 10:35 a.m.

Course #002D: July 24 – Aug. 4; 10:05 a.m. – 10:35 a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

### LEVEL 2: Advanced Beginning Swimming

This class will allow children who cannot attend the morning swim lessons an option to attend an evening session. The fundamental skills taught are the same at the morning class.

#### Monday thru Friday

Course #024X: July 31 – Aug. 11; 5:45 p.m. – 6:15 p.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents



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## LEVEL 3: Intermediate Swimming

Builds on the skills in Level 2 through additional guided practice in deeper waters.

- Enter water by jumping from side, fully submerge then recover
- Rotary breathing: 15 times
- Survival float: 30 seconds
- Back float: 1 minute
- Demonstrate front open turns on the wall
- Demonstrate back open turns on the wall
- Elementary backstroke: 1 pool length
- Front crawl and back crawl 2 lengths each
- Demonstrate basic knowledge of breaststroke, sidestroke and dolphin kick
- Push off wall in streamlined position and begin butterfly kick and flutter kick
- Demonstrate deep water bobbing
- Dive from side of pool
- Tread water and survival floating for 2 minutes each

### Monday thru Friday

Course #003A: June 12 – June 23; 9:30 a.m. – 10:00 a.m.

Course #003B: June 26 – July 7; 9:30 a.m. – 10:00 a.m.

### NO JULY 4<sup>TH</sup> CLASS

Course #003C: July 10 – July 21; 9:30 a.m. – 10:00 a.m.

Course #003D: July 24 – Aug. 4; 9:30 a.m. – 10:00 a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

### Monday thru Friday – NIGHT Session

Course #025X: July 31 – Aug. 11; 5:45 p.m. – 6:15 p.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

## LEVEL 4: Swimmer

Develops confidence in the skills learned and improves other aquatic skills.

- Swim underwater 3 to 5 body lengths
- Feet first surface dives
- Tread water and Survival floating for 5 minutes each
- Perform front flip turn, open turn
- Perform dolphin kick 1 length of pool
- Breaststroke and sidestroke 2 lengths
- Non-stop, 4 lengths of swimming for: front crawl, back crawl and elementary backstroke
- Demonstrate knowledge of butterfly arm movement
- Demonstrate compact and stride jump entries
- Dive from diving board

### Monday thru Friday

Course #004A: June 12 – June 23; 9:30 a.m. – 10:00 a.m.

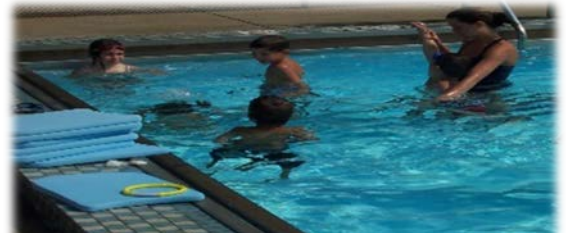
Course #004B: June 26 – July 7; 9:30 a.m. – 10:00 a.m.

### NO JULY 4<sup>TH</sup> CLASS

Course #004C: July 10 – July 21; 9:30 a.m. – 10:00 a.m.

Course #004D: July 24 – Aug. 4; 9:30 a.m. – 10:00 a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents



## LEVEL 5: Advanced Swimmer

Provides further coordination and refinement of strokes.

- Perform front crawl, breaststroke approaches
- Perform tuck and pike surface dives
- Perform front and back flip turns
- Tread water for 10 minutes; 2 minutes legs only
- Perform non-stop swimming: 6 lengths front crawl, 4 lengths of: back crawl, elementary backstroke, breaststroke and sidestroke
- Perform 1 length of butterfly
- Approach and dive from diving board

### Monday thru Friday

Course #005A: June 12 – June 23; 9:30 a.m. – 10:00 a.m.

Course #005B: June 26 – July 7; 9:30 a.m. – 10:00 a.m.

### NO JULY 4<sup>TH</sup> CLASS

Course #005C: July 10 – July 21; 9:30 a.m. – 10:00 a.m.

Course #005D: July 24 – Aug. 4; 9:30 a.m. – 10:00 a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

## LEVEL 6: Swimming & Skill Proficiency

Level 6 is designed with “menu” options that focus on preparing participants for lifetime fitness and safety, as well as more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, including competitive swimming or diving.

- Personal Water Safety
- Fitness Swimmer
- Fundamentals of Diving

### Monday thru Friday

Course #006A: June 12 – June 23; 9:30 a.m. – 10:00 a.m.

Course #006B: June 26 – July 7; 9:30 a.m. – 10:00 a.m.

### NO JULY 4<sup>TH</sup> CLASS

Course #006C: July 10 – July 21; 9:30 a.m. – 10:00 a.m.

Course #006D: July 24 – Aug. 4; 9:30 a.m. – 10:00 a.m.

Fee: \$30 City of Chardon residents/\$45 Non-Residents

# adult swimming

## U.S. MASTERS SWIMMING CLUB

The City of Chardon Park and Recreation Department is now offering a Masters Swimming Program.

### Background:

United States Masters Swimming (USMS) exists to promote fitness and health in adults by offering and supporting Masters Swimming programs. USMS was founded in 1970 and currently has over 30,000 members. It supports and encourages competition, but more than half of its members are fitness swimmers who do not compete. USMS is one of five organizations which comprise "United States Aquatic Sports," which is a member of FINA, the international governing body for aquatic sports. There are over 700 local Masters Swim Clubs throughout the country and more forming every day.

Masters swimming is a group of people that love the sport of swimming. Everyone has a reason for being a masters swimmer; to remain in shape, to create friendships or never lost the urge to compete. Swimming is a lifetime activity with lifetime benefits.

Members can compete in organized meets. Events are run as they would be at the high school or collegiate eve. There are general awards for individuals and teams. There is a national ranking system and national and international meets. Each part of the country is broken up into its own Local Masters Swimming Committee.

Fitness swimmers, triathletes, competitive and noncompetitive swimmers are encouraged to join.

Course #011M

Fee: \$50 or \$5 drop in fee for members of U.S. Masters Swimming

Time: 8:30 – 9:30 p.m. on Tuesday and Thursdays

Dates: June 6 – Aug. 15

Age: 18 years of age and older



## ADULT LAP SWIM

Mornings: Monday, Wednesday and Friday

Dates: June 5 – Aug. 14; 6:00 a.m. – 7:30 a.m.

Evenings: Monday and Wednesday: 8:30 – 9:30 p.m.

Saturday Afternoons: Noon to 1:00 p.m.

Dates: June 1 – Aug. 4 (No lap swim July 4<sup>th</sup>)

Time: 8:30 p.m. – 9:30 p.m. (Mon. and Wed. evenings)

12:00 p.m. – 1:00 p.m. (Saturdays)

Fee: \$3 for each daily session, if not a season pass holder

## WATER EXERCISE

This aerobic class, held in shallow water, begins with the basics and gradually increase in difficulty.

Course #009A June 12 – July 8 (No class July 4<sup>th</sup>)

Course #009B July 10 – Aug. 5

Time: 8:30 p.m. – 9:30 p.m. (Mondays and Wednesdays)

12:00 p.m. – 1:00 p.m. (Saturdays)

Fee: \$40 City of Chardon Residents (per session)

\$25 City of Chardon Resident over age 60 (per session)

\$55 Non-Residents (per session)

\$35 Non-Residents over age 60 (per session)

\$5 per class