

WEYERHAEUSER | KING COUNTY AQUATIC CENTER

Swimming Lesson Program Information

King County Parks offers swimming lessons that follow the American Red Cross “Learn to Swim” program and are grouped by age, and swimming ability. The four age groupings are:

 Parent Infant and Parent Toddler (6 months - 3 years with parent)	 Preschool (3 - 6 years)	 Youth (6 - 14 years)	 Adult (14 and up)
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Proper class placement is vital to a student’s success. Preschool and Youth students who have not attended lessons in the past six months are encouraged to have a placement test before registering. The placement test evaluates a student’s readiness, responsiveness, and skill.

Some levels may be combined to provide more offerings during a session. Each child will still be taught and challenged at their individual level.

Instructors teaching advanced level courses are certified American Red Cross Water Safety Instructors (WSI). Instructors teaching Parent-tot and beginning level classes are certified WSIs or Water Safety Aides. All swimming instructors are certified American Red Cross Lifeguards.

We want every student’s experience to be positive and fun filled. If you have questions or concerns about the instruction program, please talk to the Aquatic Coordinator, Assistant Aquatic Coordinator, or your child’s instructor.

LESSONS REGISTRATION POLICY

Each student may be registered in up to 2 sessions at a time: the current session and one future session, or two future sessions. Students registered in the current session and a future session, may not register for additional classes until the last day of the current session. When a student wants to register for a future session part-way through the session, ask the current instructor what level to register for next or they may register at the current level.

A Withdrawal fee of \$5.00 may be charged when canceling a student's registration.

CLASS DESCRIPTIONS

Parent supervision is important anytime children are in, on, or around the water. Parent participation combined with practice and play will enhance the student's progress.

Water Safety education is incorporated throughout the learn to swim program.

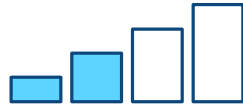


Parent Infant and Parent Toddler (Ages 6 Months - 3 Years with parent)

Provides a basic introduction to the water for young children with focus on both the adult and child. The program recognizes and is designed to accommodate the differences in individual development of children in this age group.

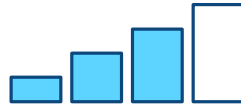
COURSE OBJECTIVES:

- Introduction to personal water safety skills for parent and child
- Exposure to water adjustment skills and activities
- Safe and effective use of lifejackets



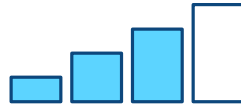
Preschool (Ages 3 - 6 Years)

COURSE LEVEL:	COURSE DESCRIPTION:	COURSE OBJECTIVES:
Preschool 1	Develops a comfort level in and around the water, as well as a readiness for learning to swim.	<ul style="list-style-type: none"> • Initial exposure to water adjustment skills • Introduction to elementary propulsion in the water • Introduction to basic water safety skills
Preschool 2	Increases the comfort level in and around the water as well as basic swimming skills.	<ul style="list-style-type: none"> • Develop floating skills on front and back • Introduction to unassisted swimming • Develop breath control and rhythmic breathing skills • Expand water safety skills
Preschool 3	Introduces Crawl Stroke and swimming on back using arms and legs, and swimming in deeper water.	<ul style="list-style-type: none"> • Introduction to Crawl Stroke and Back Crawl Stroke • Introduction and adjustment to swimming in deep water • Personal water safety skills
Preschool 4	Further develops basic swimming skills and introduces intermediate skills. Emphasis is placed on endurance and deep-water swimming.	<ul style="list-style-type: none"> • Develop strength and increase endurance • Refine Crawl Stroke and deep water swimming • Introduction to Butterfly and Breaststroke • Increased awareness to personal water safety
Preschool 5	Introduces advanced swimming and water safety skills. Endurance and increased awareness of personal safety are emphasized.	<ul style="list-style-type: none"> • Development of Breaststroke, Sidestroke and Butterfly • Development of proper stroke technique over longer distances • Increased awareness of personal water safety and introduction to skills to help others in distress



Youth (Ages 6 - 14 Years)

COURSE LEVEL:	COURSE DESCRIPTION:	COURSE OBJECTIVES:
Youth 1	Is an introduction to personal water safety and basic swimming skills.	<ul style="list-style-type: none"> • Initial exposure to water adjustment skills • Development of beginning swimming skills • Introduction to safety awareness in and around the water
Youth 2	Introduces Crawl Stroke, Back Crawl Stroke, treading water and changing position.	<ul style="list-style-type: none"> • Introduction to Crawl Stroke and Back Crawl Stroke • Introduction to rotary breathing • Introduction to additional water safety skills
Youth 3	Introduces advanced kicking skills, strengthens the Crawl Stroke and Back Crawl Stroke and expands deep water skills.	<ul style="list-style-type: none"> • Further development of Crawl Stroke and rotary breathing • Introduction to Breaststroke and Elementary Backstroke kick • Introduction to swimming in deep water • Further development of personal water safety skills
Youth 4	Introduces and begins to refine the Breaststroke, Sidestroke, Elementary Backstroke, and Butterfly. Deep water skills and personal water safety skills are expanded. Increased endurance using the major swimming strokes is emphasized.	<ul style="list-style-type: none"> • Continued improvement of Crawl Stroke and rotary breathing • Swimming in deep water and improvement of deep water skills • Introduction and development of Breaststroke, Elementary Backstroke, Butterfly and Sidestroke • Continued development of personal water safety skills



Youth (Ages 6 - 14 Years)

COURSE LEVEL: COURSE DESCRIPTION:

Youth 5

Strengthens and refines the six basic swimming strokes and deep water skills. Deep water safety skills are explained and turns for all strokes are improved. Although students have developed a comfort level swimming in deep water, their skills and judgment may not be fully developed.

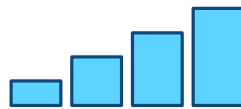
COURSE OBJECTIVES:

- Refinement of Crawl Stroke, Back Crawl Stroke, Elementary Backstroke Breaststroke, Butterfly and Sidestroke
- Swimming in deep water and development of diving, surface diving and other deep water skills
- Further development of personal water safety skills
- Increased endurance for all strokes and skills

Youth 6

Emphasizes endurance, stroke refinement and strength, enabling students to swim with more ease over greater distances. Personal water safety skills are expanded to include intermediate survival skills and self-rescue techniques. Students completing this level have acquired confidence which may exceed personal ability and judgment. Students should always swim in designated swimming areas with Lifeguards on duty.

- Improved proficiency and endurance of all major swimming strokes
- Introduction and further development of water safety skills including open water swimming safety and boating safety
- Further development of deep water skills and underwater swimming



Adult (Ages 14+ Years)

Adult lessons focus on the novice swimmer and are structured to meet the needs of the individual learner.