

Swimming Lesson Skills By Level

Zero-Two Lessons

(Ages 0-2 years old, with a parent)

Lessons for ages 0-2 is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on and around water.



Preschool Lessons

(Age 3-5 years old, with or w/no parent)

May be performed with assistance:

- + Exit water using ladder, steps or side
- + Enter water by stepping in from deck or low height
- + Jump in to shoulder deep water
- + Blow bubbles
- + Fully submerge and hold breath
- + Bobbing 5-10 times
- + Open eyes under water & retrieve submerged objects
- + Front & back glide with recovery to a vertical position
- + Back float for 3-15 seconds
- + Front, jellyfish & tuck floats
- + Roll from front to back & back to front
- + Tread water using arm & leg actions for 15-30 seconds
- + Combined arm and leg actions on front and back
- + Finning arm action on back

Learn to Swim

(Age 5 to 105)

Level 1

May be performed with assistance:

- + Enter and exit water using ramps, steps or side
- + Exit water using ladder, steps or side
- + Blow bubbles for 3 seconds
- + Bobbing 5 times
- + Open eyes under water & retrieve submerged objects
- + Front & back glide & recover to a vertical position
- + Back float for 5 seconds
- + Roll from front to back and back to front
- + Treading water arm & hand actions
- + Alternating leg & arm actions on front & back
- + Combined arm and leg actions on front and back

Level 3

- + Jump into deep water from side, submerge & return to side
- + Headfirst entry from side in seated or kneeling position
- + Bobbing while moving to safety
- + Rotary breathing
- + Survival float for 30 seconds
- + Back float for 1 minute
- + Tread water for 1 minute
- + Change from vertical to horizontal position on front and back
- + Push off in streamlined position on front then begin kicking
- + Swim the front crawl for 15 yards
- + Swim the elementary backstroke for 15 yards
- + Flutter, scissors, breaststroke and dolphin kicks

Level 2

- + Step or jump from the side into shoulder-deep water
- + Exit water using ladder, steps or side
- + Fully submerge & hold breath
- + Bobbing 10 times
- + Open eyes under water & retrieve submerged objects
- + Rotary breathing
- + Front, jellyfish & tuck floats 10 seconds
- + Front & back glide with recovery to vertical position
- + Back float for 15 seconds
- + Roll from front to back & back to front
- + Tread water for 15 seconds
- + Change direction while swimming on front or back
- + Combined arm and leg actions on front and back
- + Finning arm action on back

Level 4

- + Headfirst entry in compact and stride positions
- + Feet-first surface dive
- + Swim underwater
- + Tread water, using 2 different kicks
- + Survival swim for 1 minute
- + Front crawl - 25 yards
- + Elementary backstroke - 25 yards
- + Breaststroke - 15 yards
- + Back crawl - 15 yards
- + Butterfly - 15 yards
- + Sidestroke - 15 yards
- + Open turns on the front and back
- + Flutter and dolphin kicks on back
- + Push off in streamlined position on back then begin kicking

Swimming Lessons

Summer Swim Lessons at the Marshalltown Family Aquatic Center Pool

All sessions meet Monday - Thursday (8 total classes)
****Fridays are make-up days****

Enroll early for desired class and time.

Preschool classes are 30 minutes; Learn to Swim classes are 45 minutes

Marshalltown Youth Foundation offers \$20 financial assistance for Marshalltown youth

Refunds requested before enrollment deadline will be given (less \$20 processing fee). No refunds after enrollment deadline.

Enroll early to reserve available space!

Session I June 17-27		Enrollment deadline June 12			
		Pre-School - \$32 Max: 8 per class Learn to Swim (LTS) - \$42 Max: 10 per class Make-up dates: June 21 & 28			
LEVEL:		<u>9:00 am</u>	<u>9:45 am</u>	<u>10:00 am</u>	<u>10:30 am</u>
Pre-School w/out parent - 3 -5 year olds		PWO9001	PWO9451		PWO10301
Pre-School w/parent - 3-5 year olds					PW10301
LTS 1-Introduction to Water		LTS19001		LTS110001	
LTS 2-Fundamental Aquatic Skills		LTS29001		LTS210001	
LTS 3 -Stroke Development		LTS39001		LTS310001	
LTS 4-Stroke Improvement		LTS49001		LTS410001	

Session II July 8-18		Enrollment deadline July 3			
		Pre-School - \$32 Max: 8 per class Learn to Swim (LTS) - \$42 Max: 10 per class Make-up date: July 12 & 19			
LEVEL:		<u>9:00 am</u>	<u>9:45 am</u>	<u>10:00 am</u>	<u>10:30 am</u>
Pre-School w/out parent - 3 -5 year olds		PWO9002	PWO9452		PWO10302
Pre-School w/parent - 3-5 year olds					PW10302
LTS 1-Introduction to Water		LTS19002		LTS110002	
LTS 2-Fundamental Aquatic Skills		LTS29002		LTS210002	
LTS 3 -Stroke Development		LTS39002		LTS310002	
LTS 4-Stroke Improvement		LTS49002		LTS410002	

Session III July 29 - Aug. 8		Enrollment deadline July 24			
		Pre-School - \$32 Max: 8 per class Learn to Swim (LTS) - \$42 Max: 10 per class Make-up dates: August 2 & 9			
LEVEL:		<u>9:00 am</u>	<u>9:45 am</u>	<u>10:00 am</u>	<u>10:30 am</u>
Pre-School w/out parent - 3 -5 year olds		PWO9003	PWO9453		PWO10303
Pre-School w/parent - 3-5 year olds					PW10303
LTS 1-Introduction to Water		LTS19003		LTS110003	
LTS 2-Fundamental Aquatic Skills		LTS29003		LTS210003	
LTS 3 -Stroke Development		LTS39003		LTS310003	
LTS 4-Stroke Improvement		LTS49003		LTS410003	



Learn to Swim levels begin at age 5.

Red Cross guidelines are followed. General skills for each level are listed on the next page.

Children may be moved into different classes due to skill level. Class sizes are limited and may be combined or cancelled due to enrollment.

Parks and Recreation will not issue refunds if dates cannot be made up due to poor weather conditions or Aquatic Center availability.

Cancellation Information:

See page 3 for notification options, call **(641) 754-5779**

or
visit our
Facebook Page

Marshalltown Parks and Recreation



Aquatic Center Rentals & Special Activities

Aquatic Center Rental

Company or Customer Appreciation or family, friend or coworker gatherings? Treat your group to an evening at the Marshalltown Family Aquatic Center!

The Aquatic Center is available to rent Saturdays and Sunday evenings during the 2019 summer season from 6:30 - 8:30 p.m. for just \$600. Contact the Parks & Recreation office at 641-754-5715 for more information or to reserve your date.

Splash Dances

The event is just for those who will be entering grades 6 - 9 for these nights. Bring your friends and enjoy! The music will be playing, the concession stand will be open and the pool will be waiting!

Days: Thursdays
Dates: June 13, July 11 & August 8
7:30 - 9:30 pm
Admission: \$3

Season passes are not accepted
Splash dances will not be made up if cancelled

Birthday Splash

Reserve a table at the Aquatic Center during open swim hours for your child's birthday party. Price includes admission to swim all day, the birthday table area use for 2 hours and concession package choice. Cake and table service may be brought in. A maximum of 10 in the party, including adults. Choose from two times: 1:00-3:00 or 4:00-6:00 pm and three concession package options.

\$50 - Small drink for each person
\$60 - Hot dog & drink for each person
\$70 - Slice of pizza & drink for each person

11th Annual Doggie Dip

This popular dog swim is back at the Aquatic Center! Handlers must show current rabies and distemper vaccinations records. Complete rules and regulations may be found online at www.marshalltownparkandrec.com, at the Parks & Recreation office and at the Aquatic Center. Two days and times are offered.

Monday, August 26 & Tuesday, August 27
Cost: \$5 per dog

<u>Dogs 25 lbs & Under</u>	<u>Dogs 26 lbs & Over</u>
5:30 - 6:30 pm	6:45 - 7:45 pm

Evening Indoor Swimming Lessons

Red Cross Swimming Lessons

Red Cross guidelines are followed. General skills for each level may be picked up at our office or viewed online at marshalltownparkandrec.com

Location: Pleasant Hill Pool - Central Rivers AEA Building (909 S 12th St)
 Classes are 30 minutes Min: 1/Max: 5 Cost: \$40 per session
Marshalltown Youth Foundation offers \$20 financial assistance for Marshalltown Youth
Enroll early to reserve available space!



Evening Session <u>Enroll by May 31</u>	<u>Levels</u>	<u>5:30 PM</u>	<u>6:15 PM</u>
June 3 - 26 Mondays & Wednesdays	Into to Water - 2 month-2 year olds (w/parent)	IW5306	IW6156
	Pre-School w/out parent - 3 -5 year olds	PWO5306	PWO6156
	Pre-School w/parent - 3-5 year olds	PW5306	PW6156
June 4 - 27 Tuesdays & Thursdays	LTS 1-Introduction to Water	LTS15306	LTS16156
	LTS 2-Fundamental Aquatic Skills	LTS25306	LTS26156
	LTS 3 -Stroke Development	LTS35306	LTS36156
	LTS 4-Stroke Improvement	LTS45306	LTS46156