

## Aquatics Swim Lesson Descriptions

Note: Swimming ability will be assessed on the first day of lessons and may result in movement to a different class level to better benefit the participant.

**Starbabies:** Recommended ages for children 6 months to 3 years old and must have an adult in the water with them. Parents are taught how to help their child become comfortable in the water by:

- Getting face wet and blowing bubbles
- Jumping in and submerging
- Floating on back
- Locomotion on front and back with kicking and pulling

**White Star:** Recommended for ages 3 and up who can participate without parental presence. Children are taught:

- How to recover if they were to fall into a swimming pool
- How to float on their back
- How to make forward progress in the water without help

**Red Star:** To enroll in this class, the child must be able to jump in, surface, swim 10 feet, float on back, turn around and get back to the wall without help. Children are taught:

- How to tread water
- How to dive into deep water
- Breathing to the side
- The starting mechanics of freestyle

**Yellow Star:** To enroll in this class, the child must be able to tread water for 30 seconds and swim freestyle 30 feet while breathing to the side. Children are taught:

- To fine tune the mechanics of freestyle
- The mechanics and fine tuning of backstroke

**Blue Star:** To enroll in this class, the child must be able to swim 30 feet of freestyle while breathing to the side and 30 feet of backstroke with proper mechanics. Children are taught:

- The mechanics and fine tuning of butterfly
- The mechanics and fine tuning of breaststroke
- How to perform racing starts and turns

**Silver Star:** This class is recommended for non-swimmers pre-teen to adults. Participants are taught based on individual abilities ranging from getting their face wet to the basic mechanics of freestyle.

## **Aquatics Specialty Class Descriptions**

**Swim Team:** This six week program is designed to enhance and improve swimming strokes for children ages 5 to 17 years old. Children are broken up into age groups to practice and then compete in recreational meets with 12 teams from other City of Phoenix pools. Practices include one hour of instruction four days per week, with swim meets on Thursday evenings beginning at 7:15 p.m. at various pools.

Prerequisites:

- Participants must be able to swim 25 meters continuously of any one of the four competitive strokes without assistance

**Dive Team:** This six week program is designed to enhance and improve diving skills for children ages 5 to 17 years old. Children are broken up into age groups to practice and then compete in recreational meets with 6 teams from other City of Phoenix pools. Practices include one hour of instruction four days per week, with dive meets on Tuesday evenings beginning at 6:00 p.m. at various pools.

Prerequisites:

- Participants must be able to do a forward jump, backward jump and forward dive from a 1-meter diving board

**Water Aerobics:** This class is designed to improve muscle tone, fitness level and flexibility through a series of water exercises. No swimming ability necessary. Classes will be held in water that is shoulder deep.

**Water Basketball Team:** This free program is for boys and girls ages 12 to 17 years old. Activities take place in approximately four feet of water. No swimming skills are necessary. Teams compete in recreational meets with 8 teams from other City of Phoenix pools. Practices include one hour of instruction Monday through Wednesday, with water basketball games on Thursday afternoons beginning at 2:00 p.m. at various pools. Transportation is provided for games.