

VCU Recreational Sports Beginner Adult Swim Lesson Descriptions

Prerequisites: No prerequisites for Beginner Adult Swim Lessons

During the **Beginner Adult Swim lesson class** the participants will be taught:

- ❖ Positive attitudes about water and aquatic environments
- ❖ Safe practices in and around water
 - Swimming with a life jacket
 - Swimming with clothes
 - Reach and throw assist
 - Moving to safety without swimming (hopping)
 - Survival floating
- ❖ Comfortable and confident with entering and moving through the water
- ❖ Proper use of swimming equipment (fins and kickboard)
- ❖ Fully submerging face in the water repeatedly
- ❖ Learn the fundamental skills of swimming
 - Float without support and recover to a vertical position (on front and back)
 - Simultaneous alternating arm and leg actions on front and back for 10 yards independently (with assistance during breathing)
 - Introduction to side stroke and elementary backstroke
- ❖ Treading water independently for at least 15 seconds in shoulder deep water

When participants complete the Beginner level, they should be increasingly confident in the water. Participants are starting to swim independently using arm and leg movements, but may still need assistance when taking a breath.

The following exit skills must be performed before advancing to the next class level:

- Travel at least 5 yards, submerge 3 times, and exit the water.
- Glide on front at least 5 yards, roll to a back float for 3 seconds and recover to a vertical position.
- In chest-deep water, perform a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
- Perform a back float for 5 seconds, roll to front then recover to a vertical position.
- Push off and swim using combined arm and leg actions on front for 10 yards, roll to back, float for 15 seconds, roll to the front then continue swimming for 10 yards.
- Swim elementary backstroke for 10 yards
- Swim side stroke for 10 yards

The next class level is the **Intermediate Adult Swim lesson class**.