

VCU Recreational Sports School Age Aquatic Descriptions

Children will need to change classes if placed in the incorrect level.

For children ages 6 years and older -

School Age Level 1:

The purpose of this class is to begin developing positive attitudes, good swimming habits and safe practices in and around the water.

In Level 1, children will enter and exit water using ladder, steps or side. Blow bubbles through mouth and nose and “bobs”. Open eyes under water to retrieve submerged objects. Front and back glides and floats and returning to a vertical position. Tread water using arm and leg actions. Alternate and simultaneous arm and leg actions on front and back. Combined arm and leg actions on front and back.

They will be taught the turn-around technique (slide in, turn around, grab wall, climb out). This is important because children should know what to do if they fall into a pool. Learn how to stay safe by knowing how to recognize an emergency and calling for help. Safety on and around the water including: life jackets, recognizing lifeguards and sun safety.

Exit Skills:

1. Enter independently using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit water.
2. Glide on front at least 2 body lengths, roll to back float for 3 seconds and recover to vertical position.

School Age Level 2:

The purpose of this class is to give participants success with fundamental skills and the prerequisite is completion of Level 1 or successful demonstration of all Level 1 requirements.

In Level 2, children will enter and exit the water by stepping or jumping from the side. Fully submerging while blowing bubbles. Open eyes under water to retrieve submerged objects. Front and back glides and floats and recovering to vertical position. Change direction of travel while swimming on front or back. Tread water using arm and leg actions. Combined arm and leg actions on front and back.

They will be taught the turn-around technique (slide in, turn around, grab wall, climb out). By the end of this level students should master this technique. This is important because children should know what to do if they fall into a pool. Learn how to stay safe by knowing how to recognize an emergency, call for help and perform simple non-swimming assists. Safety on and around the water including: life jackets, recognizing lifeguards and sun safety. Learning to look carefully before entering the water and what to do when exhausted or caught in a dangerous situation.

Exit Skills:

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg action on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.

School Age Level 3:

The purpose of this class is to build on the skills learned in Level 2 and provide additional guided practice in deeper water. The prerequisites include completion of Level 2 or demonstrating all requirements from Level 2.

In Level 3, children will enter water by jumping the side. Head first entries from side in sitting and kneeling positions (Cary St. only). Bobbing while moving toward safety. Rotary breathing will be introduced. Practicing survival and back floats. Change from vertical to horizontal position on front and back. Tread water. Flutter, scissor, dolphin and breaststroke kicks on front and back. Front crawl and elementary backstroke. Learning to look carefully before entering the water. Learn to perform simple non-swimming assists and recognize, prevent and respond to cold water emergencies.

Exit Skills:

1. Jump into deep water from side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

School Age Level 4:

The purpose of this class is to develop confidence in the strokes Level 3 and to improve other aquatic skills. The prerequisites include completion of Level 3 or demonstrating all requirements from Level 3.

In Level 4, children will enter water head first from the compact and stride positions. Continue practicing their rotary breathing. Learn to feet first surface dive, tread water using 2 different kicks, perform simple non-swimming assists, learn about recreational water illnesses and how to prevent them, and look carefully before entering the water. Practice front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly.

Exit Skills:

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

School Age Level 5:

The purpose of this class is to work on coordination and refine all strokes. The prerequisites include completion of Level 4 or demonstrating all requirements from Level 4.

In Level 5, children will refine and increase distance for front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Front and back flip turns will be introduced. Children will start to demonstrate effectiveness, efficiency and endurance in their swimming. Instructors will continue covering and reinforcing safety topics from previous levels.

Exit Skills:

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.