

City of Mesquite Parks and Recreation Swim Lesson Course Descriptions

Parent – Tot Aquatic Program (434900)

(6 mos. – 3 years) Parent or guardian required to be in the water with the child. Parents receive information and techniques to orient their child to the water and to supervise water activities. While water adjustment is the primary goal, elementary swimming skills are also covered.

Course Length: Eight, 30 minute lessons

- Holding positions
- Water entry & bubble blowing
- Supported front & back movement
- Underwater exploration
- Rolling over
- Use of lifejackets

Guppy - Preschool Aquatics Program (434900)

(4 – 5 years old) Parent or guardian required to remain at the facility. Provides children a comfort level in and around the water, while water adjustment is the primary goal, elementary swimming skills are also covered.

- Increase knowledge of water safety and practices
- Water entry & bubble blowing
- Supported front & back movement
- Underwater exploration
- Rolling over
- Use of lifejackets
- Swimming readiness skills

Course Length: Eight, 30 minute lessons

Minnow - Level 1-Introduction to Water Skills (34901)

Student must have completed kindergarten and be able to stand up in 3 ½ feet of water by him/her self.

- Supported floating and kicking on front & back
- Alternate arm action
- Water safety rules
- How to get help in an emergency
- Reaching assists without equipment
- Fundamentals of using a lifejacket

Course Length: Eight, 50 minute lessons

Seahorse - Level II – Fundamental Aquatic Skills (34902)

- Floating & kicking on front & back
- Rhythmic breathing
- Combined stroke on front & back
- Turning over front to back, back to front
- Reaching & extension assists
- Familiarity with rescue breathing and open airway
- Moving in water while wearing a lifejacket

Course Length: Eight, 50 minute lessons

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Otter - Level III – Stroke Development (34903)

- Fundamentals of elementary backstroke
- Jumping into deep water with lifejacket
- Diving from side of pool
- Treading water
- Self-rescue skills
- Rescue breathing
- Butterfly kick and body motion
- Front and Back Crawl

Course Length: Eight, 50 minute lessons

Dolphin - Level IV – Stroke Improvement (34904)

- Deep water bobbing
- Dives from side of pool in stride & standing positions
- Breaststroke & sidestroke
- Turns at wall
- Familiarity with CPR
- Throwing Assist
- Feet-first surface dive

Course Length: Eight, 50 minute lessons

Sting Ray - Level V – Stroke Refinement (34905)

- Alternate breathing
- Underwater swimming
- Butterfly
- Open turns on front & back
- Diving safety
- Perform Rescue Breathing
- Front flip turn and Backstroke flip turn

Course Length: Eight, 50 minute lessons

Shark - Level VI – Swimming & Skill Proficiency (34906)

- Fundamentals of Diving
- Tuck & pike surface dives
- Alternated kicks for treading water
- Personal water safety
- Turning spinal injury victim face up
- Lifeguard Readiness
- Fitness Swimmer

Course Length: Eight, 50 minute lessons