

City of Mesquite Parks and Recreation Learn to Swim Program

Swim Lesson Class Levels

Beginner Classes:

Parent- Tot: 6 months – 3 yrs.

Parent or other authorized adult MUST be in the water with the child

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

Guppy: Age 4 & 5 yrs. Beginner

- Water exploration games and activities
- Blowing bubbles and putting head under water
- Floating on front and back (with support)
- Gliding on front (with support)
- Proper kicking
- Beginning arm/leg movement for freestyle stroke
- Beginning arm/leg movement for elementary backstroke
- Going underwater to retrieve objects (without the use of goggles)
- Water safety topics and use of life jackets

*In order for a 4 or 5 year old to advance to a minnow class, a swim skill test must be taken and passed.

Minnow: 6 + years Beginner Level 1

For children ages 6 and up or who have completed kindergarten

- Submerging entire head under water and retrieving objects (without the use of goggles)
- Proper glide, stroke, kick, and float instruction (with support and then advancing to minimal support)
- Water safety topics

Upper Level Classes:

Seahorse : 8+ yrs. Beginner Level 2

Students will be in deeper water. *Swimmers with no prior swim lesson experience should not be enrolled in this level.

Entering Seahorse students should be able to successfully:

- Enter the water independently, travel at least 5 yards, "bob" under water 3 times, and then safely exit the water
- Glide on front at least 2 body lengths, roll to back and float for at least 5 seconds, and then recover to a vertical upright position (without support)
- Swim using simultaneous arm and leg action on front and back for at least 2 body lengths without support
- Submerge head, open eyes, and retrieve objects from pool floor

Otter: 9 - 10 yrs. Intermediate Level 3

Deep water class. *Swimmers with no prior swim lesson experience should not be enrolled in this level.

No beginning swimmers will be allowed to enroll for this level unless a swim test has been passed and instructor approval has been given.

Entering Otter students should be able to successfully:

- Step into chest-deep water, move to a front float position and float unassisted for 15 seconds, roll to back and float for 5 seconds, and then move to a vertical upright position
- Move into a back float position unassisted, toll to front, and then recover to a vertical upright position

- Push off pool wall and swim using both arm and leg action on front for at least 5 body lengths, roll to back, float for 15 seconds, roll to front, and then continue swimming unassisted for at least 5 more body lengths
- Successfully demonstrate assorted floating positions (front, back, jellyfish, and tuck)
- Tread water for at least 15 seconds
- Change directions while swimming (without touching bottom of pool) on front and back

Dolphin: 11-12 yrs. Advanced Level 4

Swimmer must be able to swim independently longer distances and transition easily between deep and shallow water.

*Swimmers with no prior swim lesson experience should not be enrolled in this level.

Entering Dolphin students should be able to successfully:

- Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and then swim elementary backstroke for 30 seconds.
- Push off wall in a streamlines position on front and then begin kicking for 3-5 body lengths
- Push off wall and begin front crawl using rotary breathing for a minimum of 15 yards
- Successfully demonstrate assorted floating positions (front, back, jellyfish, and tuck)
- Tread water for at least 30 seconds in deep water

Beginning Classes for Older Swimmers

Pre-Teen: (10-12 yrs.) & Teen (13-16 yrs.) Beginner

For older beginning swimmers, this class will be conducted in chest-deep water that allows older youth age participants to stand as needed to ease any fear of the water. *Swimmers who already know how to swim should not be enrolled in this class.

Adult Class: 18+ yrs.

For adults who are beginning swimmers, this class will be conducted in chest-deep water that allows adults to stand as needed to ease any fear of the water.

***Please note:** Lesson ages are guidelines. Ages for the Seahorse and Otter classes will be strictly adhered to unless an exception is approved by instructors prior to registration. Your child may be more or less advanced than the suggested ages. Generally, children will remain in the same level for at least two sessions. When enrolling for more than one session, the same class level will be used. There is a maximum of 8 students per instructor. A decision to advance a swimmer is entirely at the discretion of the instructor based upon skill set, the participant's maturity level and their ability to maintain attention for a longer class time in deeper water. Final placement/advancement will be determined by the instructors.