

LEARN-TO-SWIM PROGRAM LEVEL DESCRIPTIONS & OFFERINGS

*Swim Assessments are available free of charge.

PARENT AND CHILD AQUATICS: LEVEL 1

Saturday 10:00-10:30am

30 minute classes (6 months—2 years) limit 10

This program builds swimming readiness by emphasizing fun in the water. Children will learn bubble blowing, kicking, back floating and underwater exploration.

PARENT AND CHILD AQUATICS: LEVEL 2

Saturday 10:30-11:00am

30 minute class (2 years—4 years) limit 10

This is a Level 1 class with the parent in the water.



LEVEL 1: INTRODUCTION TO WATER SKILLS

Saturday 11:00-11:30am

30 minute class (3 years and up) limit 6/2 instructors

This class is for children to learn to put their face in the water, blow bubbles, float on their front and back while supported. No parents will be in the water with this group.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Saturday 11:30-12:15pm

45 minute class (4 years & up) limit 7/2 instructors

This class is for students who can have their face in the water for 3 seconds and are ready to learn to float on their front and back unsupported, tread water, and increase their understanding of safety skills.

LEVEL 3: STROKE DEVELOPMENT

Saturday 12:15-1:00pm

45 minute class (pass Level 2) limit 8/2 instructors

Students who can float on front and back and swim unsupported for 15 feet, will learn rhythmic breathing for front crawl, elementary backstroke, kneeling dive, butterfly kick and additional safety skills will also be taught.

LEVEL 4: STROKE IMPROVEMENT

Saturday 1:00-1:45pm

45 minute class (pass Level 3) limit 8/instructor

Students who can swim front crawl with rotary breathing, elementary backstroke, have learned the scissor kick and treading. The objective of this level is to develop confidence. They will learn sidestroke, butterfly and breaststroke. Students will be taught to increase their endurance by swimming greater distances.

LEVEL 5 & 6: STROKE REFINEMENT AND SKILL PROFICIENCY

Saturday 1:45pm-2:30pm

45 minute class (pass Level 4) limit 8/instructor

Students should be able to swim front crawl and back crawl for 25 yards, and elementary backstroke and breaststroke for 15 yards. They will be instructed on skills such as breast-stroke and butterfly coordination, sidestroke, and how to improve proficiency in all strokes.

SWIM WITH CONFIDENCE IN THE WATER

Aquatics: for Adults & Children

POOL SCHEDULE

Pool Phone (440) 786-3256

PROGRAMS

Mon – Fri	Arthritis Class	10:30 – 11:30 am
Tue & Thurs	Arthritis Class	3:30 – 4:30 pm
Tue & Thurs	Aqua Rx	10:15 – 11:15 am
Friday	Family Swim	5:00 – 7:30 pm
Friday	Pool Party Rentals	5:00 – 8:00 pm
Saturday	Learn-To-Swim Program	10:00 – 2:30 pm
Saturday	Pool Party Rentals	11:00 – 4:00 pm

Water Jogging

This deep water workout is done with water jogging belts. This is a self direct class. We have the equipment available for use on the pool deck. Ask the lifeguard on duty for details.

Equipment Available for use:

- **Pool Fins** – increases fitness and cardiovascular conditions, increases ankle flexibility, develops leg and swim kick strength, and improves body position and technique to help you swim faster.
- **Dumbbells** - re made for resistance training so you can easily do repetitions in the water and still achieve a good burn.
- **Pool Noodles** - Pool noodles are useful when learning to swim, for floating, for rescue reaching, in various forms of water play, and for aquatic exercise.
- **Pull Buoys** - a basic piece of swimming equipment used to improve a swimmer's power. is typically held between the thighs to float the hips and legs at the surface of the water.
- **Kick Boards** – can be used as part of a complete cardiovascular workout. Athletes of all ages reap benefits by using kickboards to isolate leg movements, remain streamlined and take a breather during a lengthy workout.

The Mission of the Bedford Heights Community Center Aquatics Program is to help our community achieve their personal goals through the development of each swimmer's ability, desire, and discipline to achieve his or her full potential in and out of the pool.

