

Summer



2024

Pre-Registration OPENS May 13th @ ocsportsplex.com

Tuesday, Wednesday, Thursday

(8 Classes, 3-Week Sessions) * Last Class time will be 10:30am-11:15am

First week -T, W, Th Second week -T, W, Th Third week - T, W*

Session 1: June 11—26

Session 2: July 9—July 24

Session 3: July 30—August 14

	Parent & Child 1	Parent & Child 2 Preschool 1	Preschool 2/3	Level 1	Level 2	Level 3	Level 4	Level 5/6
8:15am-9:00am	8:15am-9:00am	8:15am-9:00am					8:15am-9:00am	8:15am-9:00am
9:30am-10:15am			9:30am-10:15am	9:30am-10:15am				
10:30am-11:15am				10:30am-11:15am	10:30am-11:15am	10:30am-11:15am		

Wednesday 8 Once Weekly Lessons

June 12—August 7 *NO CLASS July 3*

	Parent & Child 1	Parent & Child 2 Preschool 1	Preschool 2/3	Level 1	Level 2	Level 3	Level 4	Springboard Diving
3:30pm-4:15pm	3:30pm-4:15pm	3:30pm-4:15pm					3:30pm-	
4:30pm-5:15pm				4:30pm-5:15pm	4:30pm-5:15pm	4:30pm-5:15pm		4:30pm-5:15pm
5:30pm-6:15pm			5:30pm-6:15pm					

**No
SPRINGBOARD
JULY 3 & 10**

Descriptions of levels and refund policy are on following pages.

No MAKE-UP Classes

RATES: Otsego County Residents.....\$80 Out-of-County Residents.....\$95 **Discounts:** Pass Holders.... -\$10 Early Bird.... -\$5

Swimmer is NOT on Roster until payment is made.

Early Bird rates expire one week prior to 1st class.

REFUND POLICY

Refund requests prior to 1st class, will be honored minus \$10 administration fee. No refunds for missed days.

Sportsplex reserves the right to CANCEL/COMBINE CLASSES that do not meet the 4 students per class.

Parent and Child & Preschool Aquatics

Parent & Child 1 *(6 months- 2 years old) with parents in pool*

Parent and Child Aquatics ONE introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics. The goals of Parent & Child 1 are to provide experiences and activities for children so they learn to ask for permission before entering the water. Learn how to enter and exit the water safely. Feel comfortable in the water. Practice blowing bubbles. Explore submerging to the mouth, nose, eyes and completely. Explore buoyancy on the front and back position. Change body position in the water. Learn how to play safely in the water. Experience wearing a U.S. Coast Guard–approved life jacket.

Parent & Child 2 /Preschool 1 *(2yrs-3yrs old) with parents in pool*

Parent & Child Aquatics 2 builds on the skills introduced in 1. Participants improve on these skills and learn more advanced skills in 2. Preschool 1 is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills, such as being comfortable getting in and moving through the water and be willing to put their face in the water. Children should also be able to use arm and leg movements while supported. In addition, participants start learning about how to be safe around water.

Preschool 2 & 3 *(3.5yrs – 5yrs)*

The objectives of Level 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level. Many skills in Level 1 are performed with assistance. Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Level 2 also builds on the water safety topics introduced in Level 1. The objective of Level 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Learn-To-Swim LEVEL DISCRPTION

LEVEL 1—INTRODUCTION TO WATER SKILLS *(5yrs. – 7yrs OR Successful completion of PRESCHOOL 2/3)*

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to-Swim. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Level 1 skills overlap with the Preschool 2/3 skills. When children successfully complete Level 1, they should be comfortable getting in and moving through the water, be willing to put their face in the water and be comfortable in the shallow end of our Lap Pool. Children should also be able to use arm and leg movements with assistance.

MAIN Exit Skills for LEVEL 1:

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

LEVEL 2—FUNDAMENTAL AQUATIC SKILLS *(8yrs and older OR Successful completion of Level 1)*

The objective of Level 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced. For successful completion of Level 2, 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.

All Level 2 exit skills are performed independently:

1. Step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

LEVEL 3—STROKE DEVELOPMENT *Successful completion of Level 2 is required.*

The objective of Level 3 are to proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. You introduce the scissors and dolphin kicks and extend the time duration for treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.

LEVEL 4—STROKE IMPROVEMENT *Successful completion of Level 3 is required.*

In Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e., front crawl, elementary backstroke) for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall. When participants successfully complete Level 4, they are starting to demonstrate effective and efficient strokes in the front crawl and elementary backstroke. They are starting to show stroke proficiency in the breaststroke, back crawl, butterfly, and sidestroke. They can enter the water headfirst from both compact and stride positions.

LEVEL 5/6—STROKE REFINEMENT *Successful completion of Level 4 is required.*

In Level 5, participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back. When participants successfully complete Level 5, they are starting to demonstrate effectiveness and efficiency in all strokes. They are starting to work on endurance through longer swims that require using open and flip turns. They can enter the water using the shallow-angle dive and can then continue swimming.

Beginning Springboard Diving

Diving Coach, Michele Davis, has 20+ years of experience. Divers will be introduced to basic springboard diving. Skills will include approaches, hurdles, back press, front & back dives and more.

Requirements: Passed Level 3 American Red cross Swim Lessons and feels comfortable in the deep end of the pool.