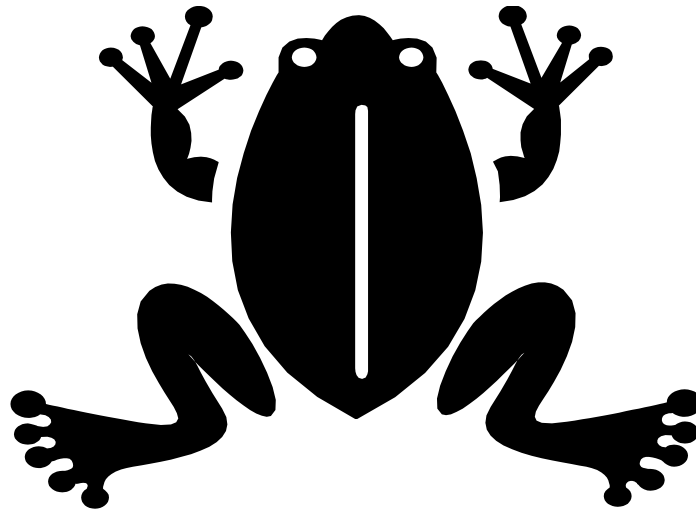


**Snohomish County
Parks and Recreation
Presents**

*The Summer 2011
Aquatics Program*

McCollum Park Pool
600 128th St SE Everett, WA 98204



For general information

Before June 19 call 425-388-6600 or 425-388-6604
After June 20 call 425-357-6036



Welcome to the McCollum Park Pool!

Since the opening of the McCollum Park Pool in 1970 tens of thousands of people have visited the facility in safety and comfort to experience all the fun and memories that a public pool offers.

This handbook will orient parent to our Learn to Swim Program and provide some suggestions for what parents can do to help support and enhance their child's swimming experience. Also included are some useful facts about pool hours, schedule and admission fees. We hope you will use this handbook as a guide and will offer suggestions for improving its usefulness.

Our goal is for swimming to become a lifetime recreational activity for your family. We want our community to develop the skills for water safety and the ability to swim for fun and fitness. If you have questions or concerns not addressed in this handbook, please contact me.

Our swim lesson program has always been based on the American Red Cross' Learn to Swim program and reflects their growth over the years as the leader in aquatic instruction. We have enhanced the current Red Cross curriculum to include our progressive Aqua Tot, Preschool and the Youth Learn to swim program.

I hope this booklet will serve you as a guide to our policies and programs.

Tony T – Recreation Supervisor
425-388-6604

McCollum Park Pool Schedule Summer 2011

McCollum Park Pool Hotline
425.357.6036

June 25 – Aug 28

	Mon- Thur	Fri
Swim Team	7:00 – 9:00	
Swim Lessons & 1 lane lap swim*	9:15 – 11:30	9:15 – 11:30
Open Swims	11:45 – 1:15 1:30 – 3:00	11:45 – 1:15 1:30 – 3:00
Swim Team & Swim Lessons	3:15 – 4:10	Swim Lessons 3:15 – 4:15
Swim lessons & 1 lane lap swim*	4:30 – 6:45	4:30 – 6:45
Adult Swim & Adult Swim Lessons Mon & Wed	7:00 – 8:30	Pool Rentals 7:00 – 9:00
Open Swim Tue & Thur	7:00 – 8:30	

Sat & Sun
Pool Rentals 10:00 – 1:00
Open Swim 1:30 – 3:00
Pool Rentals 3:15 – 5:15
Open Swim 5:30 – 7:00
Pool Rentals 7:15 – 9:15

Aug 29 – Sept 2

	Mon – Thur	Fri
Swim lessons & 1 lane lap swim*	9:05 – 11:30	9:05 – 11:30
Open Swim	11:45 – 3:15	11:45 – 3:15
Swim lessons & 1 lane Lap Swim*	3:35 – 6:00	3:35 – 6:00
Adult Swim Mon & Wed	6:15 – 7:45	Pool Rentals 6:15 – 8:15
Open Swim Tue & Thur	6:15 – 7:45	

Sat & Sun
Pool Rentals 10:00 – 1:00
Open Swim 1:30 – 3:00
Pool Rentals 3:15 – 5:15
Open Swim 5:30 – 7:00
Pool Rental 7:15 – 8:15

Sept 3 – Sept 5

	Sat, Sun, Mon
Pool Rentals	11:00 – 1:00
Open Swim	1:30 – 4:30
Rentals	5:00 – 7:00

Unscheduled facility closures can occur with limited notice.

PRIVATE POOL RENTALS- Please Inquire

Reserve the McCollum Pool for your own private swim party. The number of lifeguards scheduled during your party is based on the size of the party and the areas you wish to use. Pool Parties are very popular and we encourage you to reserve your party advance, subject to availability. All pool rules are in effect.

Rental Fees	1 hour	2 hours	3 hours
	\$140	\$250	\$330

Fees

Single Admission Open Swims **\$4.00**
 Two years and under **Free**

10-Visit Discount Ticket **\$30.00**
 *Lap Swim Admission via 10-visit ticket or season pass only

Individual Season Pass **\$55.00**
 Unlimited admission for one person named on pass.

Household Season Pass **\$140.00**
 Admission for two named adults and their named dependent children and/or grandchildren, age 17 and under.

Children less than 48 inches in height must be accompanied by an adult in the water at all times.

PRESCHOOL ZONE

The shallow end of the pool is designated as the PRESCHOOL Zone and is for children under 48 inches in height while accompanied by an Adult (18 years and over).

OPEN SWIM

For all ages. Admission may be purchased approx. 15 minutes prior to the start of each open swim session. The pool and deck is cleared between each open swim and your cooperation is appreciated.

ADULT SWIM

For adults 18 years and older only. Half of the pool is set up for recreational use and half for lap swimming and/or adult swim lessons.

SPECIAL EVENT DATES THAT WILL AFFECT THE REGULAR POOL SCHEDULE

4th of July Open Swim Schedule

Mon, July 4 11:45am – 1:15pm
 1:30pm – 3:00pm
 3:15pm – 4:45pm

Hawaiian Luau Specialized Recreation Event

Sat, July 16 6:00pm – 9:00pm

Free Open Swim & Lifeguard Exhibition

Sun, July 24 5:30pm – 7:30pm

Youth Triathlon

Sat, Aug 20 9:00am – Noon

Early Pool Closure Dates and Times

Sat, July 16 Pool Closes at 5pm
 Sun, Aug 14 Pool Closes at 5pm

POOL RULE HIGHLIGHTS

Be safe and make your visit enjoyable!

The following pool rules will be enforced at all times. Everyone is expected to behave accordingly in order to maintain a safe and enjoyable environment for all swimmers.

- Please walk in the facility; the surface can be slippery when wet
- A shower is required before entering the pool
- Children less than 48 inches in height must be accompanied into the water by an adult 18 years or older. A child less than 48 inches in height may be admitted without an adult if he/she can pass the swim test administered by a lifeguard
- Children 10 years and under require adult supervision within the facility and may not be left unattended in the facility
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening
- Please do not enter the water if you are feeling ill or have any open sores or communicable disease
- Sunbathers or swimmers may not use suntan oils. The use of sunscreen is encouraged; however, patrons should apply sunscreen at home AND must shower before entering the water
- Everyone must pass the swim test before entering deep water. Weak or non-swimmers must remain in shallow water no deeper than chest deep
- Non swimmers must stay in shallow water (chest deep) unless they are with a parent in the water, which is no more than chest deep on the parent
- Diving in water less than nine feet deep, back dives or summersaults from the side of the pool is not permitted
- Spitting, spouting or nose blowing in the pool is strictly prohibited
- Sports bottles filled with water are acceptable on the pool deck
- Gum, glass or tobacco products are not allowed in the facility

Swim Test, Did You Know?

McCollum Lifeguards ask swimmers to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines swimming ability and endurance level. A swimmer who tires easily may become panicky, even though he/she may have some basic swimming skills. If a guest who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside, the lifeguards will ask the guest to return to the shallow end. We have established the requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program to reduce the approximate 1,500 accidental deaths due to drowning across the United States each year.

Please Help Keep Your Pool Open!

Did you know that if the pool is contaminated with fecal matter, the pool could be closed for 24 hours? Please follow these safety precautions to help us ensure that your experience at the pool is both fun and safe for the entire community and to reduce the risk of pool closures.

- Don't change your child's diapers at the side of the pool. Please use the restroom facilities and properly dispose any soiled diapers
- Don't allow your child to swim in the pool if they are suffering from an illness that causes diarrhea or has had diarrhea in the past two weeks
- Have your child use the restroom and shower before entering the pool
- Take young children to the bathroom often to minimize accidents
- Do not rinse hands in the pool after making a trip to the bathroom or changing a child's diaper. Wash hands by using soap and warm water and rubbing them together for at least 20 seconds
- Abide by our "no street shoes on the pool deck rule". Dirt and other debris can be tracked into the pool area on your shoes!

Learn to Swim Program Overview

In Washington, drowning is one of the five leading causes of accidental death in children under 17 years of age. Our proximity to area beaches as well as private pools and spas underlines the need for community based water safety education and quality swimming instruction.

The Snohomish County Aquatic Service Learn to Swim Program is designed to teach water safety and swimming skills to toddlers, children, and adults in a safe, positive and happy environment at an affordable price.

With an emphasis on safety, fun and learning, we offer 10+ weeks of swim lessons, which emphasize logical skill progression, water safety awareness, and endurance. Students are assessed on their individual ability, and will be promoted to the next level when they have completed the necessary skill requirements.

Private and semi-private lessons are available. We are proud of our program and hope you will find it to be one of the finest in the county.

The McCollum Pool Learn to Swim Program Philosophy

Program Objective #1:

Safety. This is always first

Program Objective #2:

Provide a fun and positive experience at the pool for each student

Program Objective #3:

Teach the students swimming skills in a sound and logical program

Safety, Fun and Learning. Making the class **safe**, positive and fun is more important to us than actually teaching swimming skills. This is because people must enjoy coming here to learn and return. The best way to accomplish these objectives is by making games out of the skills and by just being a little crazy! Our hope is for students to enjoy the water as they learn key skills in a safe environment.

Our highly trained instructors maintain effective class organization and conduct classes in a safe environment. Low student to instructor ratios, age and skill appropriate levels, depth of the water and space are examples of how this program excels.

Making all of our lessons **fun** for the participants is our second objective. Swimming should be fun. We want the students to continue coming to us until they have reached a proficient level of swimming, if student's want to come back because they enjoy their lessons that makes this much easier. Making lessons fun also makes it easier for the student's to learn especially the pre-schoolers. If you just tell a pre-schooler to put their face in the water you will not have as many successes as if you encapsulate each skill within an image, game, song or rhyme.

Our third objective, **learning**, is our end goal and cannot be achieved without safety and fun. Key elements of learning include the following eight categories:

- appropriate review of skills
- skill practice and method appropriate to level of students and completion requirements
- balanced group and individual practice time
- effective lesson planning
- individual attention to students
- positive and effective feedback
- effective demonstrations
- variety and creativity within the lesson and skills being taught

The Role of the Parent to Support the Learn to Swim Experience

The following list provides suggestions to help make your child's lessons the best experience for both of you. We ask parents, guardians and caretakers to consider the following points:

- Observe all pool rules and regulations. Please familiarize yourself and your child with posted pool rules
- Praise even the slightest progress
- De-emphasize passing/failing
- Please avoid going to the waters edges, talk to, or discipline your child during lessons. If you think your child is misbehaving let the instructor handle the situation. Do any disciplining you think is necessary after lessons, but if all possible, go easy and be positive. Splashing water is not a major offense during swimming lessons
- Please keep street shoes at least 6 feet from the edge of the pool. The rule prohibiting shoes on the pool deck is a state health law ensuring the deck is kept clean for bare feet and reducing contaminants, which could be introduced to the pool
- We ask that children in Pre-school 1, 2 and Youth Level 1 lessons do not wear goggles. At these levels, an important part of their progress is learning to submerge comfortably without any aids
- Please have your child take a thorough shower before his/her lessons. Eye irritation in the pool results when ammonia on the skin comes in contact with the chemicals we use to keep our pool clean and bacteria free. Showering helps reduce this reaction and prevents eye irritation
- If your child becomes cold during lessons, a T-shirt (synthetic fiber or wool, not cotton) may help to keep him/her warm
- We encourage you to take your child swimming and practice the skills they are learning during lessons
- Teach your children appropriate places to go potty and, especially not to drink pool water. Also, children and adults who have had diarrhea in the prior two weeks should not go swimming.

Swim Lesson Policies

Things to Know before You Go!

- If your child is ill, severely sunburned, has an eye infection or open wounds, or has diarrhea, s/he will not be allowed in the water
- Gum and candy must be thrown out prior to the start of class
- Boy's swimsuits must be trunks above the knee. No cut-offs
- Incontinent children must wear swim diapers
- Classes will be taught regardless of the weather (except for lightning)
- There are no make-up lessons
- Prior to your first lesson, we recommend visiting the pool to become acquainted with the changing rooms and pool area

Before class begins

To create a happy and successful swim lesson experience, please ensure the following:

- On your first day of class arrive early and know the time and level of your lessons. There are signs around the pool deck for each level. Stand by the sign for your class and the instructor will come and get you when the lesson starts
- Children need to arrive on time to class. Being late not only holds up the rest of the class, but also limits important pool time for your own child
- Be sure your child has gone to the restroom prior to class. Once class begins, parents will be responsible for taking their child to the restroom. Remember, this limits water time and certain "Accidents" require prolonged pool closures and program cancellations
- Apply sunscreen to your child **before** leaving home. Don't forget ears and tops of hands and feet!
- Long hair should be tied back, so it won't get in your child's face

Watching Your Child Learn

Parents must remain in the facility's designated viewing area. Although this may seem overly restrictive, it is necessary for the classes to run smoothly and safely. In addition, in order to comply with State Health Codes, street shoes must remain in the viewing areas. Also, it may take the instructor several classes to obtain trust and respect of the students. This is a good time for children to gain independence and experience in a class situation.

Parent Participation Day

During the fourth and seventh day of class, parents are welcome to join their children in the water during class. We call this Parent Participation Day. Although your participation is not required, doing so helps parents learn up-close the skills their child is developing and ways to assist them outside of class time.

Practicing at Home

A great way to enhance your child's swim lesson experience is by practicing at home. (You don't even need a pool to do this!)

- If this is your child's first experience with swim lessons, talk about how fun lessons will be, how they will meet new friends, and about how important it is to be a good listener
- After the swim lesson, ask your child about the skills they learned
- For younger swimmers (AquaTots, Preschoolers), practice blowing bubbles in the bathtub, wash their face with a washcloth, or slowly pour water over their heads. These fun exercises aid in the development of being comfortable with getting water on the nose, eyes and ears, as well as future swimming experiences
- Sing the songs learned in class during bath time or in the car on the way to lessons
- Remind your child why learning how to swim is important

Practice Pass

To encourage skill development each student in our Learn to Swim program receives a practice pass good towards one free open swim admission. Instructors will pass out the practice pass on the 4th day of each lesson session.

Student Skill Progression

To make instruction more effective, we group students into swimming levels with others of similar age and ability. Students progress through these levels at different speeds depending on several factors such as their age and physical coordination. Repeating a swim level is not unusual. When students can comfortably and confidently perform all of the skills for the required distance or time, using the required technique, they will progress to the next level. Progression certificates are distributed towards the end of each session to inform you of what progress your child has made and what level he/she should enroll in for the next session.

Communications Needs

5-minute intermissions are scheduled between each class. We encourage you to use this time to speak with your instructor regarding student progress. If you would like additional time, we request that you leave your name and phone number at the pool office and your instructor will call you as soon as he/she is available. If after speaking to your instructor you require additional information you are encouraged to speak directly with the lesson coordinator- they can be found on deck.

If you feel you or your child is not performing to his/her capability, please notify the instructor. We need your assistance with personality traits that may be inhibiting the child's lesson performance. The same holds true for discipline. If there is a method that works effectively for you with your child, and the instructor is not having success with the child, the instructor would welcome your input.

Teaching swim lessons is mainly repetition of skills. We often do the same things each day, because this is the best way for students to learn. To a spectator sitting in the background, this may seem boring, but to the student it is security and familiarity with the basic learning process.

In swim lessons we de-emphasize passing or failing a class. No student fails a swim class; they all improve!

Instructor comment cards are available in the pool office. We encourage you to fill these out for each instructor and let us know what you think of the lesson.

Swim Lesson Levels and Program Details

Learning to swim is an important life skill. Swim lessons are offered at the McCollum Pool mornings and evenings. For general lesson block times, refer to the pool schedule. Students may progress through the following levels:

Aqua Tot

Levels I and II
Ages 9 months – 42 months

Preschool

Levels I – IV
Ages 3 – 5 years, 11 months

Youth

Levels I – VI
Ages 6 – 17 years

Adult

Levels I – III
Ages 18 and up

Swim Lesson Session Dates

Monday – Friday Lessons

Session 1:	June 27 – July 1	Five – 45 min lessons
Session 2:	July 5 – July 15	Nine – 30 min lessons
Session 3:	July 18 – July 29	Ten – 30 min lessons
Session 4:	Aug 1 – Aug 12	Ten – 30 min lessons
Session 5:	Aug 15 – Aug 26	Ten – 30 min lessons
Session 6:	Aug 29 – Sept 2	Five – 45 min lessons

Monday and Wednesday Adult Lessons

Session 1:	July 6 – July 27	Nine – 45 min lessons
Session 2:	Aug 1 – Aug 24	

Swim Lesson Registration (How to Register)

To choose the correct swim level [class] for your child:

#1 Review the skills and minimum age requirements for each level.

#2 The skills listed are the skills each class will work on, so be sure the student can perform all the skills in the preceding level.

#3 Choose the session dates and time for the appropriate skill level.

#4 Use the course code [number] listed to register for your class.

#5 Visit www.snocoparks.org and click on Register for Swim Lessons.

- Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If a student is sick the first few days of a class, they are encouraged to take the remaining days
- Students registered for a level (class) which they are not qualified (i.e. the level is too hard or too easy) will be placed in the correct level **only** if there is a vacancy. If there is no vacancy, your money will be refunded
- Please read the class descriptions carefully to insure your child is enrolled in the correct class. It is your responsibility to ensure that the student is registered into the proper level based on his/her ability with a minimum of 14 days notice to the start of the session
- If a student graduates into a level different than they are registered for please stop by the front desk ASAP. We will make every effort to accommodate a transfer, subject to availability
- Students will progress through levels at different speeds depending on several factors such as: age, physical coordination and the number of lessons in each session
- If you choose to register for multiple sessions at the start of the summer season we strongly recommend that you do not register for higher levels session to session. It is better to register students into the same level for two or more sessions and then the next level up for two or more sessions

Class Cancellations and Refunds

Classes listed on the schedule may be canceled if there is no or low enrollment after Pre-Registration. This will be done to increase enrollment ability in the levels that are more popular at that particular time. Classes that have low enrollment on the first day may be combined with another level. If a class you have enrolled into has to be canceled for some reason by the Recreation and Parks Department, you will be given a full refund or credit for that class. If a class is canceled due to low enrollment, you will be given the option to switch to another time. We will call all participants as soon as possible regarding a class cancellation.

Class Combinations

At times it may be necessary for us to combine levels to avoid canceling a class due to low enrollment. Classes will be combined so that there is no more than one level difference between students. The instructors will modify their lesson plans to accommodate the different levels and will make sure to evaluate the student based on his/her level at the start of class. If you feel a student is not being instructed properly in a combined class, please talk to the lesson coordinator to see about the possibility of switching classes or times to accommodate the student's abilities.

Credit/Refund Policy

- If you cancel your enrollment at least 14 days in advance of the first class meeting, you will receive a refund/credit for the class fee less a \$10.00 administrative fee. Note: The online registration convenience fee is Non-Refundable
- Requests for refunds less than 13 days in advance and 24 hours prior to the first class meeting may be eligible for a 50% refund/credit
- No Refunds or credits will be issued on or after the first day of class
- We cannot give refunds for less than \$10.00
- Student's registered for a level [class] which they are not qualified for will be placed in the correct level **only** if there is a vacancy. If there is no vacancy, your money will be refunded. [Excluding administrative fee and online convenience fee.]

CREDITS WILL NOT BE ISSUED FOR CLASSES A STUDENT WILL MISS DUE TO VACATION OR OVERLAP WITH ANOTHER PROGRAM.

General Level Descriptions

Adult Swim Lessons 18 years and up

Learning to swim isn't just for kids. For some Adult Swim Lessons fulfills a lifelong goal, for others it is about Fitness and for others it's about enjoying what makes up 70% of the earth's surface- WATER! with friends and family. To help everyone achieve their goals, chose from one of three levels designed specifically for you. Adult Lessons are truly for Adults only and are scheduled when only those 18 years and older are permitted in the facility.

BENEFITS OF SWIMMING

- Improves posture, flexibility, muscular endurance, strength and balance
- Stimulates circulation and promotes proper breathing
- Creates muscle tone
- Rehabilitates under-used or healing muscles (aquatic therapy)
- Helps to combat the aging process
- Its low impact... the water makes the body almost weightless, greatly diminishing the impact on joints
- Great cardiovascular workout (swimming has a calorie-burning potential of 350-420 calories per hour)
- Uses almost all the major muscle groups, and places a vigorous demand on your heart and lungs
- For some disabled and elderly persons gives a sense of freedom as they can freely move around in the water and be upright in a standing position

Adult Beginner – Level 1

This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to feel and become more comfortable in the water and enjoy the water safely. Students will learn how to enter and exit the pool safely, blow bubbles, breath control, rhythmic breathing and change of direction. They will experience buoyancy and loss of support with comfort. As they build their confidence, students will learn proper kicking and body position on both front and back with proper flutter kick. They will learn how to travel through the water using Front Crawl, Back Crawl, Elementary Backstroke, and basic safety skills are covered.

Adult Intermediate – Level 2

Swimming for Health—learn the benefits of swimming as exercise, perfect swim strokes for recreational swimmers or just feel comfortable swimming lengths in the pool. For learners with some swim ability this level develops confidence and endurance to master Freestyle and Backstroke. Students are introduced to Breaststroke, Sidestroke and Butterfly. Treading water and recovery to a swimming position is mastered. Basic flip turns and turning at the wall are introduced.

Adult Advanced – Level 3

Learn the benefits of swimming as exercise and develop workout plans with your instructor. This class is designed to give adult learners the option to design their own goals with the help of a qualified instructor. The focus of this level is to work on proper timing, technique and stroke refinement in order to achieve more ease, efficiency, power and endurance. Further coordination of the basic strokes is emphasized so that the student can swim smoothly over longer distances. More advanced turns at the wall, and safety skills are mastered.

Aqua Tots 9 months – 48 months

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times. Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three or four years of age. Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

A PROVEN APPROACH!

- Aqua Tots helps prevent injuries. It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response
- Stay safe during activity in or near the water, by properly supporting and supervising your child
- Survive if something goes wrong, by knowing how to perform a rescue and get help

Aqua Tots I Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring of water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary objectives include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Preschool Swim Lessons Ages 3 to under 6 years

NEW Learning Objectives for 2011

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parent's. The first two preschool levels are primarily taught in water ranging from 6" to 2.5 feet. The shallow water provides a comfortable and friendly learning environment in which you children can move around independently. In addition, we offer gender specific Pre-School One Classes. If your child would benefit from participating in a boys or girls only environment, this option is available. Beginning at Preschool Three, students are gradually introduced to more complex skills in the shallow end of the main pool.

With four levels of preschool classes, careful review of the [NEW 2011] primary learning objectives is very important prior to registration. By doing so, you will increase the likelihood of placing your child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class. Note: * Most Preschool 1 and Preschool 2 classes are Coed; however we do offer some classes for **boys** and or **girls** only. These classes are identified on the schedule by color.

If your child is between the ages of 3 and 4 years and you feel they may still benefit from parent/caregiver assistance, we recommend Aqua Tots prior to entering the Preschool Program.

Student Learning Objectives		Exit Skills Assessment
Preschool Level 1:	Upon successful completion of Preschool Level 1, the learner will be able to: <ul style="list-style-type: none"> <input type="checkbox"/> Blow Bubbles with full face in water <input type="checkbox"/> Perform 3 Bobs without plugging nose <input type="checkbox"/> Float on Front with Support <input type="checkbox"/> Float on Back with Support <input type="checkbox"/> Kick on Front with Support <input type="checkbox"/> Kick on Back with Support <input type="checkbox"/> Move Alternating Arms on Front with Support <input type="checkbox"/> Understand Basic Safety Skills 	1. Enter independently, using either the ladder, steps or side, walk at least 3 yards, bob 3 times then safely exit the water. 2. Demonstrate basic readiness skills to comfortably and consistently demonstrate learning objectives with the swimming teacher.
Preschool Level 2:	Upon successful completion of Preschool Level 2, the learner will be able to: <ul style="list-style-type: none"> <input type="checkbox"/> Perform 5 bobs while exhaling through the nose <input type="checkbox"/> Retrieve Object from 2.5 ft with Eyes Open <input type="checkbox"/> Float on Front independently for 3 seconds <input type="checkbox"/> Float on Back independently for 3 seconds <input type="checkbox"/> With Flotation, Glide on Front and Kick 3 yards <input type="checkbox"/> With flotation, Glide on Back and Kick 3 yard <input type="checkbox"/> With Support, demonstrate Front Crawl <input type="checkbox"/> Understand basic safety skills 	1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, retrieve a submerged object then safely exit the water. 2. Float on front for 3 seconds, roll to a back float position, float motionless at surface for 3 seconds and recover to a vertical position. 3. Float on back for 3 seconds, roll to a face float position, float motionless at surface for 3 seconds and recover to a vertical position.
Preschool Level 3:	Upon successful completion of Preschool Level 3, the learner will be able to: <ul style="list-style-type: none"> <input type="checkbox"/> Perform 8 bob while exhaling through the nose <input type="checkbox"/> Float on front 6 Seconds (Start, Float, Stand-Alone) <input type="checkbox"/> Float on back 6 Seconds (Start, Float, Stand-Alone) <input type="checkbox"/> Demonstrate rhythmic breathing with support <input type="checkbox"/> Demonstrate basic Elementary Backstroke 3 yards <input type="checkbox"/> Perform a front Glide with Kick 5 yards <input type="checkbox"/> Perform back Kick and Fin 5 yards <input type="checkbox"/> Demonstrate alternating Arms on Back w/support 3 yards <input type="checkbox"/> Jump into head depth water and bob to Safety <input type="checkbox"/> Understand safety skills 	1. Glide on front at least 3 body lengths, roll to back, float on back for 6 seconds then recover to a vertical position. 2. Glide on back for at least 3 body lengths, roll to front, float on front for 6 seconds then recover to a vertical position. 3. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 6 seconds, roll to front then continue swimming on front for 3 additional body lengths.
Preschool Level 4:	Upon successful completion of Preschool Level 4, the learner will be able to: <ul style="list-style-type: none"> <input type="checkbox"/> Perform 12 bobs while exhaling through the nose <input type="checkbox"/> Perform basic Rhythmic Breathing with Kick <input type="checkbox"/> Perform basic Back Crawl 5 yards <input type="checkbox"/> Perform basic Elementary Backstroke 5 yards <input type="checkbox"/> Perform basic Crawl Stroke 5 yards <input type="checkbox"/> Tread Water 15 seconds using arm and leg actions <input type="checkbox"/> Jump into water and recover to wall <input type="checkbox"/> Learn how to stay safe, including recognizing an emergency and knowing how to call for help <input type="checkbox"/> Learn how to stay safe in, on and around the water, including the use of a life jacket, recognizing lifeguards and sun safety 	1. Push off and swim using combined arms and leg actions on front with rhythmic side breathing for 5 yards, roll onto back, and float for 15 seconds, roll to front then continue swimming for 5 yards. 2. Jump into 4ft of water, tread water 15 seconds then swim 5 yards elementary backstroke.

Youth Swim Lessons Ages 6 to 17 years

Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills and meet the required benchmarks for technique, skill and distance, they can progress to the next level. A word of caution: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that the child is indeed a competent swimmer. THIS IS NOT THE CASE! *Surprisingly, less than 25% of 5th grade students (those approx 11 years of age) living in Snohomish County have swimming skills at Youth Level 4 or higher.*

We encourage everyone to work through Level 6. Developing strong swimming skills and independent water safety occurs in the higher Youth Levels.

Student Learning Objectives		Exit Skills Assessment
Youth Level 1:	<p>Upon successful completion of Level 1, the learner will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Enter and exit independently from chest deep water using ladder, steps or poolside <input type="checkbox"/> Use arm and leg motions to float for 3 seconds on front and back with support. <input type="checkbox"/> Move around, change position, and direction in chest deep water <input type="checkbox"/> Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water <input type="checkbox"/> Demonstrate basic water safety rules, use of lifejacket, and summoning help 	<ol style="list-style-type: none"> 1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water 2. Glide on front at least 3 yards, roll to a back float for 3 seconds and recover to a vertical position
Youth Level 2:	<p>Upon successful completion of Level 2, the learner will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times <input type="checkbox"/> Float and glide on front and back unsupported for 5 seconds and change position <input type="checkbox"/> Explore alternating and simultaneous leg kicking and arm pulling motions <input type="checkbox"/> Perform rudimentary front and back strokes- 5 yards <input type="checkbox"/> Explore basic reaching rescues and water safety skills 	<ol style="list-style-type: none"> 1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, flat for 5 seconds then return to a vertical position 2. Push off and swim using combined arm and leg actions on front for 5 yards, roll back, and float for 15 seconds, roll to front then continue swimming for 5 yards 3. Move into a back float for 5 seconds, roll to front then recover to a vertical position
Youth Level 3:	<p>Upon successful completion of Level 3, the learner will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Explore rudimentary beginner, elementary backstroke, front crawl and backstroke- 15 yards <input type="checkbox"/> Explore rudimentary breaststroke <input type="checkbox"/> Demonstrate feet first and rudimentary diving entries into deep water <input type="checkbox"/> Explore treading water 30 sec and reverse direction of travel <input type="checkbox"/> Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules 	<ol style="list-style-type: none"> 1. Jump into water from the side, swim front crawl for 15 yards, maintain position by trading or floating for 30 seconds and swim elementary backstroke for 15 yards
Youth Level 4:	<p>Upon successful completion of Level 4, the learner will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Perform intermediate level; front crawl, back crawl, elementary backstroke and breaststroke- 25 yards <input type="checkbox"/> Perform rudimentary sidestroke and butterfly- 10 yards <input type="checkbox"/> Perform survival float and tread water in deep water- 2 min <input type="checkbox"/> Identify safe diving rules <input type="checkbox"/> Perform rescue breathing and obstructed airway procedures 	<ol style="list-style-type: none"> 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
Youth Level 5:	<p>Upon successful completion of Level 5, the learner will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Refine efficient and effective; front crawl, back crawl and breaststroke- 50 yards <input type="checkbox"/> Refine efficient and effective sidestroke, elementary backstroke and butterfly- 25 yards <input type="checkbox"/> Refine survival swimming 2 min, treading water 3 min, and underwater swimming- 5 to 10 yards <input type="checkbox"/> Describe diving board safety rules <input type="checkbox"/> Identify symptoms of Spinal Injury and show inline stabilization techniques 	<ol style="list-style-type: none"> 1. Perform a shallow-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
Youth Level 6:	<p>Upon successful completion of Level 6, the learner will be able to:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate proficiency in; front crawl, back crawl and breaststroke 100 yards with turns <input type="checkbox"/> Demonstrate proficiency in; sidestroke and butterfly 50 yards <input type="checkbox"/> Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke 25 yards <input type="checkbox"/> Describe diving board safety rules 	<ol style="list-style-type: none"> 1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke 2. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes 3. Perform a feet-first surface dive, retrieve an object from the bottom of the pool at a depth of 7 – 10 feet, return to surface and return to starting point

Swim Lessons Course Codes

June 27 – July 1 Five, 45 Min Lessons Mon – Fri \$40

Class	9:05	9:55	10:45	3:30	4:20	5:10	6:00
PRESCHOOL 1	1678	1679 1680	1681 1682	1683	1684 1685	1686	1687 1688
PRESCHOOL 2	1689 1690	1691	1692	1693 1694	1695	1696 1697	1698
PRESCHOOL 3	1718	1719	1720		1721	1722	1723
YOUTH 1	1724	1725	1726		1727	1728	1729
YOUTH 2	1730	1731	1732		1733	1734	1735
YOUTH 3	1736	1737	1738		1739	1740	1741
YOUTH 4	1742	1743	1744		1746	1747	1748
YOUTH 5		1749			1750		1751
YOUTH 6	1752		1753			1754	

July 5 – July 15 Nine, 30 Min Lessons Mon – Fri \$58

Class	9:15	9:50	10:25	11:00	3:20	3:55	4:30	5:05	5:40	6:15
AQUA TOTS 1			1755						1756	
AQUA TOTS 2		1757								1758
PRESCHOOL 1	1758	1759 1760	1761	1762 1763	1764	1765	1766 1767	1768	1769 1770	1771
PRESCHOOL 2	1772 1773	1774	1775	1776	1777	1778 1779	1780	1781	1782	1783 1784
PRESCHOOL 3	1785	1786	1787	1788			1789	1790	1791	1792
PRESCHOOL 4		1793							1794	
YOUTH 1	1795	1796	1797	1798			1799	1800	1801	1802
YOUTH 2	1803	1804	1805	1807			1808	1809	1810	1812
YOUTH 3	1814	1815	1816	1817			1818	1819	1820	1821
YOUTH 4	1822	1823	1824	1825			1826	1827	1828	1829
YOUTH 5		1830		1831			1832		1833	
YOUTH 6	1834		1835					1836		1837

July 6 – July 27 Seven, 45 Min Lessons Mon & Wed \$45

Class	7:00	7:45
Adult Level 1	2134	2137
Adult Level 2	2140	2141
Adult Level 3	2144	2145

July 18 – July 29 Ten, 30 Min Lessons Mon – Fri \$64

Class	9:15	9:50	10:25	11:00	3:20	3:55	4:30	5:05	5:40	6:15
AQUA TOTS 1			1838						1839	
AQUA TOTS 2		1841								1842
PRESCHOOL 1	1843	1844 1845	1846	1847 1848	1849	1850	1851	1852	1853 1854	1855
PRESCHOOL 2	1856 1857	1858	1859	1860	1862	1863 1864	1865 1866	1867	1868	1869
PRESCHOOL 3	1901	1902	1903	1904			1905	1906	1907	1908
PRESCHOOL 4		1931		1932			1933		1934	
YOUTH 1	1951	1952	1953	1954			1955	1956	1957	1958
YOUTH 2	1977	1978	1979	1980			1981	1982	1983	1984
YOUTH 3	2005	2006	2007	2008			2009	2010	2011	2012
YOUTH 4	2035	2036	2037	2038			2039	2040	2041	2042
YOUTH 5		2065		2066			2067		2068	
YOUTH 6	2085		2086					2087		2088

Aug 1 – Aug 12 Ten, 30 Min Lessons Mon – Fri \$64

Class	9:15	9:50	10:25	11:00	3:20	3:55	4:30	5:05	5:40	6:15
AQUA TOTS 1			2097						2098	
AQUA TOTS 2		2101					2102			2103
PRESCHOOL 1	2107	2108	2109	2110 2111	2112	2113	2114	2115	2116	2117
PRESCHOOL 2	1870	1871 1872	1873	1874	1875	1876 1877	1878	1879	1880	1881 1882
PRESCHOOL 3	1909	1910	1911	1912			1913	1914	1915	1916
PRESCHOOL 4		1935		1936				1937		1938
YOUTH 1	1959	1960	1961	1962			1963	1964	1965	1966
YOUTH 2	1985	1986	1987	1988			1989	1990	1991	1992
YOUTH 3	2013	2014	2015	2016			2017	2018	2019	2020
YOUTH 4	2043	2044	2045	2046			2047	2048	2049	2050
YOUTH 5	2069	2070		2071			2072		2073	
YOUTH 6	2089		2090					2091		2092

Aug 1 – Aug 24 Eight, 45 Min Lessons Mon & Wed \$52

Class	7:00	7:45
Adult Level 1	2138	2139
Adult Level 2	2142	2143
Adult Level 3	2146	2147

Aug 15 – Aug 26 Ten, 30 Min Lessons Mon – Fri \$64

Class	9:15	9:50	10:25	11:00	3:20	3:55	4:30	5:05	5:40	6:15
AQUA TOTS 1			2099						2100	
AQUA TOTS 2		2104					2105			2106
PRESCHOOL 1	2118	2119	2120	2121	2122	2123	2124	2125	2126	2127
PRESCHOOL 2	1883	1884	1885	1886	1887 1888	1889	1890	1891 1892	1893	1894
PRESCHOOL 3	1917	1918	1919	1920			1921	1922	1923	1924
PRESCHOOL 4	1939	1940	1941	1942			1943	1944	1945	1946
YOUTH 1	1967	1968	1969	1970			1971	1972	1973	1974
YOUTH 2	1993	1994	1995	1996			1997	1998	1999	2000
YOUTH 3	2021	2022	2023	2024			2025	2026	2027	2028
YOUTH 4	2051	2052	2053	2054			2055	2056	2057	2058
YOUTH 5	2074	2075	2076	2077			2078	2079	2080	2081
YOUTH 6	2093		2094					2095		2096

Aug 29 – Sept 2 Five, 45 Min Lessons Mon – Fri \$40

Class	9:05	9:55	10:45	3:35	4:25	5:15
PRESCHOOL 1	2128	2129	2130	2131	2132	2133
PRESCHOOL 2	1895	1896	1897	1898	1899	1900
PRESCHOOL 3	1925	1926	1927	1928	1929	1930
PRESCHOOL 4	1947		1948	1949		1950
YOUTH 1		1975			1976	
YOUTH 2	2001		2002	2003		2004
YOUTH 3	2029	2030	2031	2032	2033	2034
YOUTH 4	2059	2060	2061	2062	2063	2064
YOUTH 5		2082			2083	

Private / Semi-Private Lessons

- One on one instruction with highly motivated, friendly instructors providing close personal attention to detail. Please share your swimming goals. We are here to help! Private instruction is ideal for:
 - The beginner who would like assistance with water orientation before registering for one of our programs
 - Those who are having difficulty with a particular stroke/technique – emphasis can be placed on your needs
 - Those working to overcome water phobia
 - Special Needs

Private / Semi-Private lessons are scheduled according to pool and instructor availability and on a limited basis.

Registration for private and swim private lessons begins June 27 at the McCollum Pool during scheduled swim lesson hours.

1 student : 1 Instructor Private Lesson \$18.00 per 30 min class
 2 students : 1 Instructor Semi-Private lesson \$22.00 per 30 min class

Specialized Aquatics Programs

McCollum Frogs Swim Team & Craze Summer Swim League

Summer 2004 was the first season ever for the McCollum Pool swim team. The 20 member team named itself the "McCollum Frogs". Growing in size each summer and following a most successful 2010 season, the nearly 95 member program is geared up for the 2011 season. To accommodate the growing team, a late afternoon time slot has been added for 2011 which will allow the team to grow even more!

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18*. Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Lynnwood, Mountlake Terrace and Everett.

Practice occurs four day per week (Monday – Thursday) with meets occurring on Fridays or Saturdays. The 2011 Season officially begins June 27 and is scheduled to end with the league championship meet on August 13th.

Prerequisites: New participants ages 6-8* must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke prior to the first day of practice. Those ages 9* and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in prior to the first day of practice.

* Participant age as of July 1, 2011.

Parental/Guardian Support: During the first week of the season, you will be asked to Sign-up to provide team support throughout the season as a condition of your child's participation. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Boost Club, Team Communications, End of Season Pot-Luck, Meet Set-up/Clean-Up, etc. The total season commitment amounts to approx 8 cumulative hours.

Meet Schedule

Home Meets

Sat, July 9 8:30am – 12:30 vs Mountlake Terrace
 Sat, July 16 8:30am – 12:30 vs Kirkland
 Sat, July 30 8:30am – 12:30 vs Lynnwood

Away Meets

Sat, July 23 4:00 – 8:30pm @ Everett Forrest Park Pool
 Fri, Aug 5 5:00 – 9:00pm @ Edmonds Yost Pool

Championship Meet Hosted at Peter Kirk Pool in Kirkland. Saturday, Aug 13

7am – Noon Ages 11 & up
 1pm – 6pm Ages 10 & under

Season ending team party on Sunday, Aug 15 from 6pm – 9pm at McCollum Pool.

Practice Time Slots

Practices occur Mon – Thur and participants can register into one of three practice time slots. Each practice time slot is limited to a maximum of 48 participants. [8 athletes per lane] Participants can only attend the time slot they are registered into during the season.

Morning Time Slot 7:00am – 7:55am Ages 14 and up #2152 8:00am – 8:55am Ages 13 and under #2153

Late Afternoon Time Slot 3:15pm – 4:10pm Ages 13 and under #2154

How to Register

Returning and NEW Participants may register on-line at www.snocoparks.org beginning April 27th. In person or phone in registration begins May 11th. It is your responsibility to ensure that your child can meet the minimum skill prerequisites listed above.

Fee: 1 family member = \$170
 2 family members = \$310 (\$155 each*)
 3 family members = \$420 (\$140 each*)
 4 or more family members = \$500 (\$500 cap per family*)

*Multi-family discount rate requires in person or phone in registration.

Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction and practice drills to explore the four competitive strokes. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment. **Fee \$64**

June 13 – 24 Ten, 45 Min Lessons

	5:15	6:05	6:55
Ages 6 – 9	2149		
Ages 10 – 13		2150	
Ages 14 – 17			2151

Aqua Leaders Program

A training class for youth ages 12 – 15 years to develop basic guarding, swim instructing and other aquatic occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Guard and or Swim Instructor Aide for the Snohomish County Aquatic Service. Fee \$60

#2156 June 27 – July 8 (no class 7/4) Monday – Friday 9am – 12:30

Youth Triathlon – Saturday, August 20

Athletes ages 6 – 17 compete in age-appropriate distances with an emphasis on fitness, fun and safety. The entire event occurs within McCollum Park. Participants receive event T-shirt and placement ribbons. Check-in begins 30min prior to each division start. A detailed course description will be available at the pool beginning July 11, 2011. Fee: \$20 before August 7 and \$30 for registrations Aug 8 – Aug 17. No registrations accepted beyond Aug 17th.

Depending on the number of athletes registered into each division, divisions may be divided by gender to reduce traffic on the course.

<u>Code:</u>	<u>Division:</u>	<u>Age:</u>	<u>Time:</u>	<u>Swim:</u>	<u>Bike:</u>	<u>Run:</u>
#2159	Senior	14 – 17	9am	400 yards	3 miles	1 mile
#2158	Intermediate	10 – 13	10am	200 yards	2 miles	½ mile
#2157	Junior	6 – 9	11am	100 yards	1 mile	¼ mile

Additional Information

Deep Water Safety

Your assistance to ensure understanding and cooperation in observing deep water (i.e. water deeper than a person's chest depth) safety procedures when you or your child is in the water will be very helpful in maintaining a safe environment.

Swim Test

Each child is given a swim test using a front crawl stroke with breathing to the side before they can enter water deeper than chest depth. Students at or above Youth Level 4 should be able to pass the swim test. The test demonstrates the child's swimming ability and also determines the endurance level of the child. A child who tires easily may become panicky, even though he/she has some swimming skills. If a child who has passed the test is seen in the deep end "dog paddling" or struggling to get to the side, they will be asked to return to the shallow end. It is common for children to overestimate their own abilities. For this reason, we have established rules concerning a minimum skill level for the use of the deep end.

Surprisingly, less than 25% of 5th grade students (approx age 11 years) in Snohomish County can demonstrate swimming ability to safely enter water deeper than chest depth.

Drowning Prevention Tips

Drowning occurs silently, within minutes, or even second, and often when an adult is nearby. Sadly, according to the Drowning Prevention Coalition, on average over 1,500 drowning deaths occurs each year in the United States.

Keep the following drowning prevention tips in mind to keep you and your family safe around the water.

- Swim ONLY in lifeguarded areas
- Always supervise children closely around the water including shallow water such as tubs and creeks
- Take swimming lessons, but realize that lessons do not "Drown Proof"
- If you own a boat or rubber raft, take a boating safety class
- Wear a properly sized lifejacket when in a boat
- Know what to do in an emergency by learning CPR and water rescue skills
- Fence in pools on all sides
- Remember that alcohol does not mix with swimming or boating

Here's a Flow Chart which may help you narrow down the choices for proper swim class level based on student age and "key" exit skills.

If, 9 – 38 months, consider;

Aqua Tot Levels I and/or II

Q: Student is between 9 to 24 months

If No Please consider attending our "Open Swim".

If Yes Aqua Tots I

Q: Student is between 20 to 38 months and has previously taken a "Water Introduction" course. (Aqua Tots I)

If No Aqua Tots I

If Yes Aqua Tots II

Q: Student is under the age of 4 and parent feels they may still benefit from parent/caregiver assistance.

If Yes Aqua Tots II

If, 3 – 5 yrs, 11 months, consider;

Preschool Levels I, II, III and/or IV

Q: Student can submerge head completely underwater with open eyes in chest deep water.

If No Preschool I

If Yes Preschool II

Q: Student can "float" motionless at surface on tummy (arms and legs in the "X" position and face in water) for 3 seconds then roll over and float on back (in "X" position) for 3 seconds without touching bottom of pool, then recover to a standing position without assistance.

If No Preschool II

If Yes Preschool III

Q: Student can swim with big arms 3 full body lengths, roll to back position, float for 6 seconds, roll back to front position and continue swimming on front for 3 additional body lengths.

If No Preschool III

If Yes Preschool IV

Q: Student can jump into water 4-5ft deep, tread water for 15 seconds then swim 5 yards with crawl stroke side breathing.

If No Preschool IV

If Yes and is 6 years and older please consider Youth Level II or III

If, 6 years and Up, consider;

Youth Levels I, II, III, IV, V and/or VI

Q: Student can submerge head completely underwater w/open eyes & can float motionless on front & back for 5 seconds (float in an "X" body position) and can glide on tummy at least 3 yards.

If No Youth Level I

If Yes Youth Level II

Q: Student can perform rudimentary front and back stroke 5 yards. (Arms recover above water) and can float motionless on tummy & back for 15 sec each in "X" body position.

If No Youth Level II

If Yes Youth Level III

Q: Student can perform rudimentary elementary backstroke, front crawl and back stroke 15 yards. (With rhythmic breathing-coordinated to arms and kick)

If No Youth Level III

If Yes Youth Level IV

Q: Student can perform intermediate front, back and elementary backstroke 25yards and breaststroke 15 yards.

If No Youth Level IV

If Yes Youth Level V

Q: Student can perform 50 yards of front, back, breaststroke and sidestroke and butterfly 25 yards. Tread water 3 min.

If No Youth Level V

If Yes Youth Level VI

Q: Student can perform proficient front and back crawl with turns 100 yards and 50 yards of butterfly and sidestroke.

If No Youth Level VI

If Yes Consider- Swim Team, Aqua Leaders, or continuing in Youth Level VI