

New this SUMMER!

Parent Child (Ages 8 mo-3y)

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.



Thank You!

The Town of Little Elm's Parks and Recreation Department would like to thank you for your interest and future participation in the Little Elm *Learn-to-Swim* Program! Special Thanks to the:

Stardust Ranch HOA

Sunset Pointe HOA

Glen Cove HOA

Villages of Woodlake HOA

For being crucial partners in making this program a success!

Little Elm Aquatics

Little Elm Recreation Center
303 Main St.
Little Elm, TX
75068

Recreation Center Phone: (972) 731-3277
Supervisor E-mail: aadams@littleeelm.org

Little Elm Aquatics

Learn-to-Swim Program Descriptions

Ages are recommendations; each lesson depends on the child's ability



2019

Preschool Levels (Ages 3-5)

Preschool Level 1

Your child is introduced to basic skills. These skills lay the foundation for future skill development of swimming strokes. Children will learn to:

- Enter the water unassisted
- Submerge their mouth and blow bubbles
- Exit the water safely
- Glide on front
- Roll to back and float
- Recover to a vertical position

Preschool Level 2

- Float without support
- Recover to a vertical position
- Explore simultaneous and alternating arm and leg actions on front and back
- Learn self-help and basic rescue skills

Preschool Level 3

- Build on the skills in Level 2
- Coordinate combined simultaneous arm and leg actions and alternating arm and leg actions
- Learn additional safety skills

*Children move through Preschool Aquatics based on their mastery of the skills required at each level. It is quite common for children to participate in several sessions of Preschool Aquatics before they are able to successfully demonstrate all skills. That is okay! Once your child has completed all levels of Preschool Aquatics, and they are at least 5 years of age, they are eligible to register for Learn to Swim Level 3.

Upper Levels (Ages 6-12)

Level 1

In Level 1, Introduction to Water Safety Skills, your child is introduced to basic skills as the foundation for future skills. Certain milestones are necessary for completion of Level 1, including:

- Entering the water independently using ladder steps or side
- Traveling at least 5 yards, bobbing 3 times then safely exiting the water
- Gliding on front supported
- Rolling to a back float with support
- Recovering to a vertical position with support

Level 2

In Level 2, Fundamental Aquatic Skills, your child will build on the skills learned in Level 1. Some of the milestones that are necessary for completion of Level 2 include:

- Stepping from the side into chest-deep water
- Learn to float without support
- Learn to recover to a vertical position
- Explore various arm and leg actions for swimming on the front and back
- Learn the foundation for future stroke development



Upper Levels (Ages 6-12)

Level 3

In Level 3, Stroke Development, your child will build on the skills learned in Level 2. Some of the milestones in Level 3 your child may learn are the:

- Survival float
- Front crawl
- Elementary backstroke
- Scissors and dolphin kick
- Fundamentals of treading water
- Safety rules for headfirst entries
- Early progressions for entering the water headfirst from the side of the pool

Level 4

In Level 4, Stroke Improvement, your child will build on the skills learned in Level 3. Participants will obtain the following milestones in Level 4:

- Increase their endurance by swimming familiar strokes for greater distances
- Build on the scissors kick and dolphin kick by adding arms for sidestroke and butterfly
- Learn the back crawl
- Learn the breaststroke
- Learn the basics of turning at a wall

