

River Valley Athletic Club
Red Cross Certified Parent/Child Aquatics and “Learn to Swim” Levels

Parent/Child Swim

This class is designed for children 6 months to 5 years of age. This program builds swimmer readiness by emphasizing having fun in the water with a parent.

Preschool Level 2 (Formerly PS Level 1)

This is an introductory swimming course offered to younger swimmers 3 – 5 years of age. Children at this level need to be able to submerge their head under water as well as be in the class without a parent in the water. They will be learning kicking, front floating, back floating and beginning swimming skills. Water safety and how to have fun in the water are also emphasized.

Preschool Level 3 (Formerly PS Level 2)

This course is designed for students who are 4 – 5 years of age and are swimming independently at least 25 feet. Children will be improving on their swimming skills on their front and back, underwater swimming and water safety and basic safety rules. This is the most advanced level for the preschool swimmers.

Level 1 ► Introduction to Water Skills

Students learn to enter and exit the water safely, open eyes underwater and retrieve object, swim on front and back using alternate arm action, float on front and back, follow basic water safety rules, breath control and use a life jacket.

Level 2 ► Fundamental Aquatic Skills

Students review skills from Level 1 and also learn to enter water by stepping or jumping from the side, swim on side, tread water, submerge head, perform front and back glide, and swim on front and back using combined strokes.

Level 3 ► Stroke Development

Students review skills from Level 2 and also learn to bob with head submerged, survival float, butterfly kick and body motion, rotary breathing, perform front and back crawl, reaching assist, and HELP and Huddle positions.

Level 4 ► Stroke Improvement

Students develop confidence in the skills learned in Level 3 and also learn open turns on front and back, swim on side using scissors kick, safe diving rules, perform a throwing assist, breaststroke, butterfly, elementary backstroke, swim underwater, tread water and care for choking victim.

Level 5 ► Stroke Refinement

Students learn further coordination and refinement of strokes from previous level. They also learn to tread water using two different kicks, survival swimming, perform rescue breathing, front flip turn, backstroke flip turn, sidestroke, pike surface dive and tuck surface dive.

Level 6 ► Swimming and Skill Proficiency

Level 6 is designed with menu options that focus on preparing students to participate in more advanced courses including Water Safety Instructor and Lifeguard Training Courses. These levels refine the strokes so students swim with ease, efficiency, power and smoothness over great distances. (Diving course will not be taught at RVAC)

Personal Water Safety

Fitness Swimming

Fundamentals of Diving