Clive PARKS & RECREATION

Questions? Call:
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Are you wondering what level your child belongs in?
*This chart helps find a "baseline" placement for lessons at the **Clive Aquatic Center**. Verify by reviewing pages 35 & 36 of the Clive Creations brochure, confirming skills in previous level can be completed.*

Previously taken classes

American Red Cross

Red Cross	Pass: Ages 3-5	Pass: Ages 6+	NO pass: Ages 3-5	NO pass: Ages 6+
Preschool A/1	PS B/2	Level 2	PS A/1	Level 1
Preschool B/2	PS C/3	Level 3	PS B/2	Level 2
Preschool C/3	PS C/3 again	Level 3	PS C/3	Level 2
"Levels" 1-6		next # up		repeat level

Clive is an Authorized Provider of the American Red Cross, offering Red Cross swim lessons.

YMCA

YMCA	Pass: Ages 3-5	Pass: Ages 6+	NO pass: Ages 3-5	NO pass: Ages 6+
Pike	PS B/2	Level 2	PS A/1	Level 1
Eel	PS B/2	Level 2 or 3	PS B/2	Level 2 or 3
Ray	PS C/3	Level 3	PS C/3	Level 3
Starfish	PS C/3	Level 3	PS C/3	Level 3
Polliwog		Level 3		Level 3
Guppy		Level 4		Level 4
Minnow		Level 4 or 5		Level 4 or 5
Fish		Level 5		Level 5
Flying Fish		Level 5 or 6		Level 5 or 6
Shark		Level 6		Level 6

What Level? *Can your child....*

Go under water without hesitation?

- **Yes** → Float on stomach and back without assistance?
- **NO** → Ages 3-5: Preschool 1/A — 3 year-olds must be "ready": toilet- trained, independent without parent near, no separation anxiety, previous positive water experience, no aqua phobia → *NO, not yet* → Age 3 Parent/Child 3 (2nd week is without parent)
- **NO** → Ages 6+: Level 1

Float on stomach and back without assistance?

- **Yes** → Tread water 30 seconds, dive from the side, and swim a "basic" version of the following swim strokes: front crawl & elementary backstroke?
- **NO** → Ages 3-5: Preschool 2/B; Ages 6+: Level 2

Tread water 30 seconds, dive from the side, and swim a "basic" version of the following swim strokes: front crawl & elementary backstroke?

- **Yes** → Swim front crawl across the lap pool (25 yards) with face in-water breathing to the side? Does he/she know all other swim strokes (back crawl, elementary back, sidestroke, and butterfly) well enough to swim at least 15 yards?
- **NO** → Ages 3-5: Preschool 3/C; Ages 6+: Level 3

Swim front crawl across the lap pool (25 yards) with face in-water breathing to the side? Does he/she know all other swim strokes (back crawl, elementary back, sidestroke, and butterfly) well enough to swim at least 15 yards?

- **Yes** → Ready for Level 5
  OR
  If swim all strokes gracefully 25 meters & able to swim free & back strokes 50 yd – Level 6
- **NO** → Ages 6+: Level 4

Preschool Aquatics 3–5 years* Fee: $35

Estimated Class Ratio is 1:5

**3-year-olds must be independent, toilet-trained, with previous positive water experience. Children who cannot participate independently or cry after day 2 will be removed without refund.*

PS-A (previously PS1)	PS-B (previously PS2)	PS-C (previously PS3)
Orients to the aquatic environment and helps gain basic aquatic skills.	Helps gain greater independence in skills and develop more comfort in and around water.	Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.
To pass, these skills can be performed with support • Enter independently (using ladder, steps or side), travel 5 yds., submerge to mouth and blow bubbles 3 sec., safely exit water • Glide on front 2 body lengths, roll to back, float 3 sec., recover to vertical	*To pass, these skills can have assistance to start & finish* • Glide on front 2 body lengths, roll to back, float on back 5 sec., recover to vertical • Glide on back 2 body lengths, roll to front, float 5 sec., recover to vertical • Swim with combined arm & leg action on front 3 body lengths, roll to back, float 5 sec., roll to front, continue swim 3 body lengths	*To pass, these skills must be done independently* • Step from side into chest-deep water, move into front float 5 sec., roll to back, float 5 sec., return to vertical • Move into back float 5 seconds, roll to front, recover to vertical • Push off and swim with combined arm and leg action on front 5 body lengths, roll to back, float 15 seconds, roll to front, continue swimming 5 body lengths

Learn to Swim 6+ years Fee: $35

Estimated Class Ratio is 1:6–1:10

Level 1: Introduction to Water Skills – Helps participant feel comfortable in the water

- *New Skills: putting face/head under water, floating with assistance, experience buoyancy*
- *To pass:*

1. *Enter independently (using ladder, steps or side), travel 5 yds., bob 3 times, safely exit the water*
2. *To pass: Glide on front 2 body lengths, roll to back float 3 seconds, recover to vertical (with support)*

Level 2: Fundamental Aquatic Skills – Gives participant success with fundamental skills

- *New Skills: bobbing, floating independently on front and back,*
- *To pass:*

1. *Step from side into chest-deep water, move to front float 5 sec., roll to back, float 5 sec., return to vertical*
2. *To pass: Move into back float 5 sec., roll to front, recover to vertical*
3. *Push off, swim with combined arm & leg action on front 5 body lengths, roll to back, float for 15 sec., roll to front, swim 5 body lengths (assistance when take breath)*

Level 3: Stroke Development – Builds on Level 2 skills through guided practice in deeper water

- *New Skills: front crawl and rotary breathing, elementary backstroke, scissor kick, dolphin kick, treading, survival float, sitting and kneeling dives*
- *To pass:*

1. *Jump into deep water from side, swim front crawl 15 yds., tread/float 30 sec., swim elementary backstroke 15 yds.*

Level 4: Stroke Improvement – Develops confidence in the skills learned and improves other aquatic skills

- *New skills: breaststroke, back crawl, sidestroke, butterfly, dive from side, feet-first surface dive, survival swimming, open turns*
- *To pass:*

1. *Feet-first entry into deep water, front crawl 25 yds., change direction/position, swim elementary backstroke 25 yds.*
2. *Swim breaststroke 15 yds., change direction/position, back crawl 15 yds.*

Level 5: Stroke Refinement – Provides further coordination and refinement of strokes

- New skills: shallow-angle dive, surface dives, basic flip turns, refine strokes
- To pass:

1. Shallow-angle dive into deep water, front craw 50 yds., change direction and position, elementary backstroke 50 yds.
2. Breaststroke 25 yds., change direction/position, back crawl 25 yds.

Level 6: Swimming and Skill Proficiency – Refines strokes to swim with ease, efficiency, power and smoothness over greater distances, as well as prepare for future opportunities as a Lifeguard and WSI

- *New skills: turns, fitness skills of circle swim, pace clock, equipment use, exercise programs, target heart rate and aquatic exercise*
- *To pass:*

1. *Swim 500 yds. continuously using and 3 strokes, swimming at least 50 yds. each stroke*
2. *Cooper 12-min. swim first & last day of class*