

Loudoun County Aquatics Department

Level	Goal	Exit Requirement/Objective
Learn to Swim Level 1	(Ages 6-12) The Swim Level 1 class teaches breath control, face submersion, floating on front and back (with support), swimming 5 feet on front and back (with support), and safety. No goggles permitted in this class. Prerequisite: Students must function well in a group class without a parent.	Safely enter/exit water, blow bubbles for 3 seconds with mouth and nose submerged, submerge face 2 times in a row, flutter kick on front, 2 body lengths or 5 seconds. Flutter kick on back, 2 body lengths or 5 seconds. Front float and recovery to standing position with support. Back float and recovery to standing position with support. Front glide 2 body lengths and recover to standing position with support. Back glide 2 body lengths and recover standing position with support. Roll over from front to back and back to front with assistance, arms and hand treading action in chest deep water, modified elementary backstroke arms (with assistance). Combined arm pull and kick on front 2 body lengths (with assistance). Combined arm pull and kick on back 2 body lengths (with assistance), water safety topics.
Learn to Swim Level 2	(Ages 6-12) The Swim Level 2 class teaches breath control and head submersion, floating on front and back, gliding on front and back, rolling over, swimming 5 yards on front and back, and safety. Prerequisite: Fully submerge face for 3 seconds, float on front and back (with support), and swim 5 feet on both front and back (with support).	Safely enter/exit water, jump into chest deep water. Submerge face/head, recover object from bottom 2 times, bob 2 times. Flutter kick on front with support, 3-5 body lengths. Flutter kick on back, 2 body lengths or 5 seconds. Front float and recovery to standing position, back float and recovery to standing position. Front glide 2 body lengths and recover to standing position, back glide 2 body lengths and recover to standing position. Roll over from front to back and back to front, change direction of travel while swimming on front, change direction of travel while swimming on back. Swim on front 3-5 body lengths with any breathing, swim on back 3-5 body lengths. Elementary backstroke arms or modified elementary backstroke 3 body lengths, introduction of back crawl arms (with support), treading using arm and leg actions 15 second in chest deep water. Independently enter water, bob 5 times, and exit. Swim on front using combined leg and arm actions 3 body lengths and recover to vertical position. Swim on back using combined leg and arm actions 3 body lengths and recover to vertical position.
Learn to	(Ages 6-12) The Swim Level 3 class	Safely enter/exit water by jumping from side into

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Swim Level 3	teaches rotary breathing, swimming 15 yards of front crawl, elementary backstroke, and back crawl, jumping into deep water, treading water, and safety. Prerequisite: Float on front and back for 5 seconds and swim 5 yards on both front and back.	chest deep water, bob 5 times while moving towards safety, retrieve multiple objects underwater in chest deep water, push off in a streamlined position on back with flutter kick 3-5 body lengths. Rotary breathing, 10 times (in place on wall). Front crawl, 15 yards with breathing mostly to side. Elementary back stroke 15 yards, back crawl 15 yards, enter/exit water safely in deep water, jump into deep water and return safely to wall and exit. Bobbing in deep water 5 times, back float and recovery 15 seconds (deep water), change from vertical to horizontal position on front in deep water, change from vertical to horizontal position on front in deep water, treading water, 30 seconds. Push from wall into glide, swim 5 body lengths front crawl, roll onto back and float for 5 seconds, then roll to front and swim front crawl to safety. Push off wall or bottom into back glide, swim on back 5 body lengths, recover to vertical and tread water for 10 seconds then return to safety. Discuss water safety topics.
Learn to Swim Level 4	(Ages 6-12) The Swim Level 4 class teaches 25 yards of front crawl (with rotary breathing), elementary backstroke, and back crawl; 15 yards of breaststroke, standing dive, surface dives, treading water, and safety. Prerequisite: Swim 15 yards each of front crawl, elementary backstroke, and back crawl.	Swim underwater 3-5 body lengths, front crawl, 25 yards (with rotary or bi-lateral breathing), back crawl 15 yards, breaststroke arms 10 yards, breaststroke kick 10 yards, elementary backstroke 25 yards, treading water 1 minute. Push from the wall, glide in a streamlined position, kick 2 body lengths, then swim front crawl with rotary or bi-lateral breathing 25 yards. Push from the wall on back, glide in a streamlined position, kick 2 body lengths, then swim back crawl, 25 yards. Jump from deck surface and tread water for 1 minute, safety topics.
Learn to Swim Level 5	(Ages 6-12) The Swim Level 5 class teaches 50 yards of front crawl (with bi-lateral breathing), elementary backstroke, and back crawl; 25 yards of breaststroke, 15 yards of butterfly, surface dives, open turns, treading water, and safety. Prerequisite: Swim 25 yards each of front crawl, elementary backstroke and back crawl in good form, and 15 yards of breaststroke.	Swim underwater 3-5 body lengths, front crawl, 25 yards (with rotary or bi-lateral breathing), back crawl 15 yards, breaststroke arms 10 yards, breaststroke kick 10 yards, elementary backstroke 25 yards, treading water 1 minute. Push from the wall, glide in a streamlined position, kick 2 body lengths, then swim front crawl with rotary or bi-lateral breathing 25 yards. Push from the wall on back, glide in a streamlined position, kick 2 body lengths, then swim back crawl, 25 yards. Jump from deck surface and tread water for 1 minute, safety topics.

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Parent Child Act# 466106	(Ages 6 months-2 yrs) Parents and children have fun together in this class which introduces basic swimming skills and safety using toys, songs, and games. Prerequisite: One adult is required to get in the pool with each child. Other children may not be unattended on the pool deck. Non-potty trained participants must wear snug fitting plastic pants and swim diapers under swim suit.	Baby skills: water adjustment, exploring the pool, front kick, prone glide, underwater exploration, back float, arm movement, prone position, rolling over, introduction to life jackets, water exit. Parent skills: holding positions, cueing, rolls for helping child learn and practice skills appropriate to his/her age, life jackets, basic safety skills.
Preschool Level 1	(Ages 3-5) This swim class teaches breath control, face submersion, floating on front and back (with flotation support), arm and leg movements, and safety. Prerequisite: Children must function well in a group class without a parent. No goggles permitted in this class.	Safely enter/exit water independently, blow bubbles for 3 seconds with mouth and nose in water independently, submerge face 2 times in a row for 3 seconds independently. Kick on front, 3 seconds with support, kick on back, seconds with support. Back float for 3 seconds and recovery to standing position with support, front glide 2 body lengths and recover to standing position with support, back glide 2 body lengths and recover to standing position with support. Orientation to deep water (supported), wear life jacket and enter shallow water.
Preschool Level 2	(Ages 3-5) This swim class teaches breath control, face and head submersion, floating on front and back independently, swimming 5 yards on front and back (with flotation support), and safety. Prerequisite: Fully submerge face for 3 seconds and float on front and back (with flotation support). No goggles permitted in this class.	Safely enter/exit water independently, retrieve objects in shallow water for head under-2 times, submerge head and blow bubbles for 3 seconds independently. Bob 5 times with bubble blowing with support, kick on front with support 3-5 body lengths, kick on back with support 3-5 body lengths. Front float for 5 seconds, back float for 5 seconds, front glide 2 body lengths, back glide 2 body lengths, swim on front 3-5 body lengths with support, swim on back 3-5 body lengths with support. Turn over front to back with support, turn over back to front with support, jump into chest deep water with support, safety awareness and pool rules.

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Preschool Level 3	(Ages 3-5) This Paddler swim class teaches rhythmic breathing, gliding on front and back, rolling over, swimming 5 yards on front and back, sitting dive, swimming in deep water, and safety. Prerequisite: Fully submerge body for 5 seconds, float on front and back independently, and swim 5 yards on both front and back (with flotation support).	Safely enter/exit water by jumping from the side into chest deep water with support, bobbing while moving toward safety 5 times in chest deep water independently, submerge head and retrieve underwater objects from chest deep water. Front glide, streamline position with flutter kick 3-5 body lengths in 4 feet, back glide streamline position with flutter kick 3-5 body lengths in 4 feet, elementary backstroke arms 5 yards in 4 feet independently, rhythmic breathing 5 times with support, swim on front 5 yards in 4 feet breathing to the front or side independently. Turn over front to back in 4 feet, turn over back to front in 4 feet, safely enter/exit deep water, back float and recovery for 15 seconds. Swim on back 5 yards in 4 feet independently, jump into pool wearing a life jacket, recognize an emergency, safety awareness and pool rules.
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Loudoun County Aquatic Facilities

Claude Moore Recreation Center, 46105 Loudoun Park Ln, Sterling VA 20164 (571) 258-3600

Franklin Park Pool, 17501 Franklin Park Dr, Purcellville, VA 20132 (540) 338-7603

Lovettsville Community Center Pool, 57 E Broad Way, Lovettsville VA 20180 (540) 822-5284

Round Hill Indoor Aquatic Facility, Evening Star Ln, Round Hill VA