**Willow Creek Water Park**

**Swim Lessons Information**

**Levels & Evaluation Criteria**

**2024**

**Swim Lesson Schedule:**

Monday - Thursday

8:30 - 11:30 am

Each class is 30 minutes long per day.

**We will contact parents/guardians when we know the times we are teaching each level. It will also be posted on our Facebook page and at the pool.**

2024 Session 1-July 8,9,10,11,15,16,17,18

2024 Session 2-July 29,30,31, Aug.,1,5,6,7,8

**How to Sign up:**

Sign up via our online form: <https://forms.gle/ZGsgdU3ARm1damAcA>

Sign up with a paper copy available at the pool office, or by contacting Pool Manager, Bridget Waite at bridget.waite@gmail.com, or by phone at 541-676-5752.

***We are no longer accepting sign-ups for swim lessons on Facebook comments or Messenger. There are limited slots, and will be accepted first come first serve.***

**Returning Participants:**

We keep track of returning participants' levels and abilities to put them at the best level possible. **We may have questions before your child returns to the pool about their current comfort level and ability**

**New Participants:**

For new participants, we will need their name, parent(s) name, phone number or email address, age of the participant, and an idea of their comfort and abilities in the water.

**Levels & Evaluation Criteria:**

Please read carefully to better understand what our trained staff looks for and accesses during swim lessons. Our instructors and pool managers work hard to make sure evaluations meet these expectations. Sometimes children do not move onto the next level right away. ***For the safety of your child, we are very careful to ensure each participant properly meets their skill level before moving forward.*** If your child does not pass, and you still have questions about the criteria, contact our pool manager, Bridget directly at 541-676-5752 or by email at bridget.waite@gmail.com.

**Parent-Child I &Parent/Child II**:

For parents and children ages 6 months to about 3 years of age. The instructor leads parents in activities on how to safely work with their children in the water, and prepare them for the next levels of learning. There are no exit skills requirements. The second level simply builds on the skills from the first level.

**Pre-School Levels (Pre-I - Pre-III)**

For children about 4 & 5 years old. We encourage parents/guardians to be on site for lessons but to stay back from the pool unless needed.

**Pre-I** Introduces basic aquatic skills. Exit skills can be performed with support:

1. Enter the pool independently, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water.
2. While in shallow water, glide on front for at least 2 body lengths, then roll to back and float on back for 3 seconds, then recover to a vertical position.

**Pre-II** Students further develop basic aquatic skills and begin to perform these skills at a slightly more advanced level. Exit skills can be performed with assistance:

1. Glide on front for at least 2 body lengths, roll to front, then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, 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 15 seconds, roll to front, then continue swimming on front for at least 3 body lengths.

**Pre-III** Students increase their proficiency in performing previously learned skills. Students improve their coordination and control of all actions. Exit skills are performed independently:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for 5 body lengths.

**Learn-to-Swim (Level I - Level VI)**

For children about 6 to 13 years old. We encourage parents/guardians to be on site for lessons but to stay back from the pool unless needed.

**Level I**

The skills in this level overlap with the preschool skills, but more advanced actions are added. Exit skills must be done independently:

1. Enter independently, travel at least 5 yards, bob 5 times, then safely exit the water.
2. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position.

**Level II**

Many of the skills taught in this level are the same skills taught in preschool level 3, but they further develop the foundations for future strokes. Exit skills are performed independently:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming for at least 5 body lengths.

**Level III**

Students expand proficiency of previously learned skills and learn to swim front crawl and backstroke. They also learn treading kicks and diving. Exit skills are done independently:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl for 25 yards, then exit the water.
2. Push off in a streamlined position, then swim front crawl for 15 yards, change position and direction as necessary, swim backstroke for 15 yards, then exit the water.

**Level III participants improve their aquatic skills and increase their endurance by swimming the strokes for greater distances and with more advanced proficiency.**

**Exit Skills:**

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary, and swim backstroke for 25 yards.
2. Swim breaststroke for 25 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

**Level III Participants refine their performance of all six strokes and increase the distances that they swim.**

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, then swim elementary backstroke 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary, then swim backstroke for 25 yards using appropriate and efficient turning styles throughout.

**Level VI**

This level aims to refine strokes so participants swim more efficiently and effectively over longer distances. There are two sections: Personal Water Safety and Fitness Swimmer. We teach a combination of both sections.

**Exit Skills:**

1. Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke.
2. Jump into deep water, perform a survival float for 5 minutes, roll onto your 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 the surface, and then back to the starting point.

**Junior Lifeguard**

For ages 11 to 14 years old. We encourage parents/guardians to be on site for lessons but to stay back from the pool unless needed. This course introduces participants to the duties and responsibilities of a lifeguard. This course will not certify anyone to be a lifeguard. It will build a foundation of knowledge, attitudes, and skills in preparation for the lifeguarding course. There are no exit skills.

**To participate, the following skills must be demonstrated at the beginning of the course:**

1. Swim front crawl for 50 yards continuously while breathing to the side.
2. Tread water for 1 minute using arms and legs.
3. Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards.
4. Submerge and swim a distance of 10 feet underwater.