



SWIM LESSON INFORMATION

SWIM LESSON PROGRAM

It is our goal to provide a high quality aquatic program that teaches participants of all ages and abilities how to be safe in, on and around the water as well as proper swimming skills and techniques. The Provo Swim School has been designed with curriculum and achievement levels to maximize the progress of each participant.

CURRICULUM

All levels include age appropriate safety skills, new skills, review skills and advancement skills.

AQUA-TOT SCHOOL (6 MONTHS-2 YEARS)

PARENT & TOT

This water orientation course builds swimming readiness by emphasizing fun in the water with parent and child in the water together. Parent and child work with their instructor on submersions, floating, kicking and play in a fun environment in preparation for swimming lessons.

PRE-SCHOOL AQUATICS (3-4 YEARS)

PRE-SCHOOL LEVEL 1

Pre-requisites: Entry level for children ages 3-4

Skills Learned: Front and back floats, bobs with controlled breathing, blowing bubbles through mouth and nose, submerge head, flutter kick in seated position and on front and back float, enter and exit water independently by stairs, movement in chest deep water, recover from front and back float to standing

PRE-SCHOOL LEVEL 2

Pre-requisites: Front/back float assisted 5 seconds, 3 bobs with controlled breathing

Skills Learned: Front float with face in water unassisted, back float unassisted, front and back glide w/kicking assisted, retrieve objects underwater with open eyes, enter water by jumping from side of pool, front crawl arm action. Age appropriate safety skills

ADVANCED PRE-SCHOOL

Pre-requisites: Front/back float comfortably 10 seconds unassisted, front/back glide w/kicking 3 body lengths assisted, 5 bobs with controlled breathing

Skills Learned: Front crawl arms/kicking/body control, side-glide-kick technique, streamline glides, intro to backstroke and elementary backstroke kick, treading water

SWIM STROKE SCHOOL (5+ YEARS)

LEVEL 1: BREATHING & BOBS

Pre-requisites: Entry level for children ages 5+

Skills Learned: Front and back floats, bobs with controlled breathing, front and back glides assisted, submerge head, enter and exit water by stairs, movement in chest deep water, recover from front and back float to standing, fining, arm action on back float and standing, flutter kick seated and floating

LEVEL 2: FLOATING, GLIDES & KICKS

Pre-requisites: Front and back float unassisted 5 seconds, 3 bobs with controlled breathing

Skills Learned: Entry by jumping in, front float with face in water unassisted, back float unassisted, front and back streamline glide unassisted, side-glide-kick, intro to front crawl arms, flutter kick

LEVEL 3: FRONT CRAWL STROKE

Pre-requisites: 10 bobs with controlled breathing, front, back and side glide 15 ft. unassisted

Skills Learned: Front crawl stroke arms/legs/body position, intro to head first entry, intro to backstroke arms, treading water

LEVEL 4: BACKSTROKE

Pre-requisites: Front crawl stroke 10 yards, streamline front and back glide 15, tread 15 seconds

Skills Learned: Continued development of front crawl stroke. Back stroke arms/legs/body position, diving, intro to breast stroke kick and elem backstroke kick

LEVEL 5: BREAST STROKE & ELEMENTARY BACK

Pre-requisites: Front crawl stroke 25 yards, backstroke 15 yards, head first entry from standing position, treading water 30 seconds

Skills Learned: Continued improvement of front crawl and backstroke. Breaststroke arms/legs/body position/breathing, shallow angle diving, elementary back stroke arms/legs/body position, open turns on front and back

LEVEL 6: BUTTERFLY & SIDE STROKE

Pre-requisites: Front crawl 50 yards, backstroke 25 yards, elementary backstroke 25 yards, breaststroke 15 yards

Skills Learned: Refinement of previously learned strokes. Butterfly arms/legs/body position/breathing, side stroke arms/legs/body position/breathing; flip turns on front and back

SPECIALTY SWIM SCHOOL ADAPTIVE SWIM SCHOOL

Adaptive lessons are geared for children with physical or developmental disabilities. Students will learn stroke techniques, water safety, self-confidence, and teamwork.

PROVO PIKES YEAR-ROUND PRE-SWIM TEAM

Pre-requisites: Front crawl 25 yds with ease, no stopping

Pre-competitive 30-minute workouts are designed to prepare students for competitive training by developing proper technique on all four competitive strokes as well as confidence, strength and endurance training

PROVO PIKES SUMMER SWIM TEAM

Pre-requisites: Swim front crawl 25 yards with ease, no stopping and/or coach's discretion. A full refund will be issued if a child is unable to pass the skills test.

The Pikes Swim Team is a summer recreational league that gives young swimmers an opportunity to improve their swimming technique, get a taste of competitive swimming, and have a lot of fun.

ADULT SWIM PROGRAM

You are never too old to learn how to swim or master your stroke. Swim instructors will work with adults of all ages to achieve your personal swimming goals. Ages 16 years & up.

PRIVATE & SEMI-PRIVATE SWIM LESSONS

Private & semi-private swim lessons are concentrated, individualized, one-on-one or one-on-two swim instruction that give the participants the opportunity to quickly learn basic swim skills and give the advancing swimmer the opportunity to gain quick insight on skill technique development in a smaller group setting.

JUNIOR WATER POLO

This is a beginning water polo class designed to teach children the fundamentals and excitement of water polo. Children must be comfortable in deep water and swim 25 yards with ease on the front.

GENERAL INFORMATION

TEACHER TO STUDENT RATIOS	
Parent & Tot	1:15
Pre-school Levels	1:5
Stroke School Levels 1-6	1:6

SESSIONS & TIMES

SESSION	DAYS	LENGTH	CLASSES	LOCATION	TIMES
Summer	Monday-Thursday	2-week session	8-30 minute classes	Indoor and outdoor pools	9:00AM - 12:00PM
Fall/Winter/Spring	Tuesday/Thursday	4-week session	8-30 minute classes	Indoor pools only	4:00 - 6:30PM
Fall/Winter/Spring	Saturday	5-week	5-45 minute classes	Indoor pools only	9:00AM - 12:00PM

GROUP LESSON FEES

Resident \$30, Non-Resident \$40

REGISTRATION

Registration may be done in person at the Provo Recreation Center 320 W 500 N or by phone at (801) 852-6600. Online registration is also available at provo.org/signup.

MISSED CLASS POLICY

No missed classes will be made up or refunded during the session. If your child has a medical emergency and is unable to participate please contact the Instructor Coordinator.

PARENT OBSERVATION

For the safety of all and program quality, parents are asked not to stand near or next to the edge of the pool during lessons. This may obscure the lifeguard's vision and distract program participants.

PROGRESSION OF CLASSES

Each participant will progress to the next level only when the participant can perform all of the advancement skills from the previous level. Please remember children learn at their own pace. It is not uncommon for participants to repeat a class more than once. To fully understand the requirements to progress to the next level in a class, speak with the Instructor or Instructor Coordinator.

HELPING YOUR CHILD PROGRESS

Parents can assist with the learning process by practicing with their child as much as possible and giving them motivation with encouragement.

PROGRESS REPORTS

Progress reports are given out after each session and will evaluate the participant's accomplishments. This will outline what skills the child must develop prior to advancing to the next level.

POOL RULES

Provo City Aquatics strives to provide a safe and clean pool. In order to achieve this standard, we ask that each participant follow all pool rules during swim lessons. Please inform your children of important pool rules upon entering the facility.

CLASS RULES

Children are required to wait in a designated area for their instructor, must also be respectful of the teacher and other children in the class and follow instruction.

LOCKER ROOM/CHANGING RULES

Children under the age of five years can use the same locker room as their parent (Ex. daughter with father in Men's locker room, son with mother in Women's locker room). Due to health codes, there will be no changing swim suits on the pool deck.

SWIM DIAPER POLICY

Any child 3 years & under, any child not toilet trained, and anyone who lacks control of defecation shall wear a water resistant swim diaper AND waterproof swimwear. Swim Diapers may be purchased for \$1. All Swim Diapers must be changed often at the designated areas. NO swim diapers may be changed in the pool area. Please wash your hands after changing diapers.

SHOWER & RESTROOM POLICY

In order to keep our pools healthy and clean, we encourage all participants to shower and use the restroom prior to entering the pool.

QUALITY ASSURANCE

PROGRAM EVALUATION

Provo City Aquatics will conduct evaluations of its aquatic programs. Evaluations will be distributed to all parents and adult participants prior to the completion of each session. All information received will assist and help to continually improve the quality of its programs.

QUALIFIED INSTRUCTION

Provo City Aquatics is committed to hiring the most qualified staff instructing and guarding swim lessons. All aquatic staff are required to be certified and will participate in required trainings in CPR and Lifeguarding. Regular in-service trainings are also provided and mandatory. This ensures all staff is performing their duties at one hundred percent.

QUESTIONS AND CONCERNS

For questions or concerns about individual progress of participants, please see the instructor for the class. For questions or concerns about program policies or individual classes, please see the Instructor Coordinator.