

### Available Weekday Sessions:

Session I: June 19 – June 30

Session II: July 10 - 21

Session III: July 24 – August 4

Session IV: August 7 – 18

### NEW for 2017:

**Afternoon Classes** These classes are being offered at the request of the community for an alternative for working parents/guardians. The levels were chosen based on number of waitlisted participants in the past. We are offering a Level 1 (Age 7+) class for the “older” beginners to swimming.

**Parent and Me Drop-In Classes** For ages 6 months to 3 years and a parent or two. Have fun learning how to prepare your child for a lifetime of swimming. Parents will be in the water with their child playing fun games and learning proper holding techniques. A Montana Health Code – Approved swim diaper is required.

### Preschool Level

This class is primarily for children ages 3 to 4, who can be in a class without needing a parent in the water. (A MT Health Code-approved swim diaper is required.) Student will learn water safety, survival skills and foundational swimming concepts in a safe and fun environment. Skills are age-appropriate, allowing students to achieve success on a regular basis.

- Help children become comfortable in the water and basic water safety.
- Introduce fundamental skills, such as kicking.
- Focus on coordinating arm and leg movements and improving upon skills.

### Level 1 Introduction to Water Skills Class Description

This class is for children ages 5 and up who are competent with the following requirements: Enter water by jumping in, fully submerged and holding breath, bobbing, front, jellyfish and tuck float, back float and glide, recover from float position to vertical position. Please note: we encourage you to review the Preschool Level classes. If your child needs

**This class will work on the following skills:** (swimmers must be able to complete all below certification requirements to move to the next level)

- Enter & Exit water using ladder, steps or stairs
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water to retrieve objects
- Front & back glides and back float
- Recover to vertical position from a front glide & back float or glide
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm & leg actions on front and back
- Combined arm & leg actions on front and back
- Staying safe around aquatic environment

## Level 2 Fundamental Aquatic Skills

This class is for children ages 5 and up who are **competent with the following requirements:** Enter & Exit water using ladder, steps or stairs, Blow bubbles through mouth and nose, Bobbing, Open eyes under water to retrieve objects, Front & back glides and back float, Recover to vertical position from a front glide & back float or glide, Roll from front to back and back to front, Tread water using arm and hand actions, Alternating and simultaneous arm & leg actions on front and back, Combined arm & leg actions on front and back, Staying safe around aquatic environment.

**In addition to the above, this class will work on the following skills:** (swimmers must be able to complete all below certification requirements to move to the next level)

- Enter water by stepping or jumping from the side
- Exit water using ladder, steps or side
- Fully submerge and hold breath on own
- Bobbing on own
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides & back float
- Recover from a front to back float or glide to a vertical position
- Roll from front to back and back to front
- Change direction while swimming on front or back
- Tread water using arm/leg actions
- Finning arm action on back
- Staying safe around aquatic environment

## Level 3 Stroke Development

This class is for children ages 5 and up and are **competent with the following requirements:** Enter water by stepping or jumping from the side, Exit water using ladder, steps or side, Fully submerge and hold breath on own, Bobbing on own, Open eyes under water and retrieve submerged objects, Front, jellyfish and tuck floats, Front and back glides & back float, Recover from a front to back float or glide to a vertical position, Roll from front to back and back to front, Change direction while swimming on front or back, Tread water using arm/leg actions, Finning arm action on back, Staying safe around aquatic environment.

**In addition to the above, this class will work on the following skills:** (swimmers must be able to complete all below certification requirements to move to the next level)

- Enter Water by jumping in from side
- Headfirst entry from side, sitting and kneeling positions
- Bobbing while moving towards safety
- Rotary breathing
- Survival float
- Back Float
- Change from vertical to horizontal position on front & back
- Tread water
- Push off in a streamlined position then begin to flutter and dolphin kick on front
- Front crawl & elementary back stroke
- Scissors kick
- Look before you leap

## Level 4/5 Stroke Improvement & Refinement

*Our focus at the City of Livingston Pool is to prepare children to be capable to swim on their own (Preschool – Level 3 lessons). We recognize it is hard for families to travel to Bozeman for higher level courses. We are currently at capacity with our class offerings thus opportunity to offer one class per session. – We appreciate your understanding of our efforts and focus.*

**This class is intended for the Level 4/5 swimmer.** If your child is competent in the below requirements this is the class for them! The class will mainly be geared towards Stroke Improvement. For those students who have surpassed Level 4, the instructor will work on level 5 materials and will communicate with you, the guardian, as to the next steps for their abilities.

This class is for children ages 7 and up and are **competent with the following requirements:** Enter Water by jumping in from side, Headfirst entry from side, sitting and kneeling positions, Bobbing while moving towards safety, Rotary breathing, Survival float, Back Float, Change from vertical to horizontal position on front & back, Tread water, Push off in a streamlined position then begin to flutter and dolphin kick on front, Front crawl & elementary back stroke, Scissors kick, Look before you leap

**In addition to the above, this class will work on the following skills:**

(swimmers must be able to complete all below certification requirements to move to the next level)

- Rotary Breathing
- Freestyle, backstroke, elementary backstroke, scissors kick and sidestroke
- Whip kick and breaststroke, intro to turning at wall
- Treading water with modified scissors
- Diving in kneeling position

## Level 5/6 Stroke Refinement and Swimming & Skill Proficiency

**This class is intended for the Level 5 and up swimmer.** If your child is competent in the below requirements this is the class for them! The class will mainly be geared towards Stroke Improvement. For those students who have surpassed Level 5, the instructor will work on level 6 materials and will communicate with you, the guardian, as to the next steps for their abilities. At this time the City of Livingston Pool is not equipped to offer certification for Level 6 - however our instructors will work on the materials to improve swimming proficiency.

This class is for children ages 7 and up and are **competent with the following requirements:** Enter Water by jumping in from side, Headfirst entry from side, sitting and kneeling positions, Bobbing while moving towards safety, Rotary breathing, Survival float, Back Float, Change from vertical to horizontal position on front & back, Tread water, Push off in a streamlined position then begin to flutter and dolphin kick on front, Front crawl & elementary back stroke, Scissors kick, Look before you leap.

**In addition to the above, this class will work on the following skills:**

- Rotary Breathing
- Freestyle, backstroke, elementary backstroke, scissors kick and sidestroke
- Whip kick and breaststroke, intro to turning at wall
- Treading water with modified scissors
- Diving in kneeling position/fundamentals of diving
- Fitness Swimming

*If your child has completed the above competencies and is very interested in swimming, it may be time to look at further opportunities in other communities as the City of Livingston Pool is not equipped to offer a certificate in Level 6 or more advanced classes at this time.*