

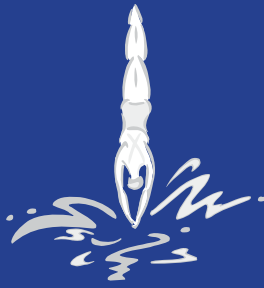
Aquatics

Summer 2010



Contact:

For more information, please contact Erin Dadas at the Brecksville Community Center 546-2318 or by email at edadas@brecksville.oh.us.



Aquatics Program Policies

- There are no refunds for cancellations. Credits only are given for individuals who cancel prior to the first day of class. Once a class has begun, a cancellation fee may be charged for withdrawal.
- There are no makeup classes for individuals who miss class due to illness or vacations. Makeups will only be done if class is cancelled due to severe weather.
- In the event of severe weather, classes may not be able to enter the water; however classes may still be held and required safety topics will be covered.
- If you are unsure of what level your child should be in, please contact the Aquatic office to discuss their abilities and possibly schedule a free assessment before registering for classes.
- Participants may be recommended for level changes throughout the session if their skills show they are ready, or their skills do not match those of the level.
- There is a minimum count of 4 students per class. In some cases, you may be asked to switch days and/or times. Upper level classes may be combined to meet the 4 student minimum.
- Children who are not potty trained must wear swim diapers in the water at all times. Swim diapers are available for purchase at the front desk if needed.
- Anyone suffering from diarrhea will not be permitted in the pool.
- Parents with children of the opposite sex ages 4 and up should use the Family Locker Room. A key is available at the front desk.
- Parents with children ages 9 and 10 must remain in the Community Center during class. Parents with children 8 and under must remain in the pool area during class.
- Registration may be done in person at the front desk or online at <https://webtrac.brecksville.oh.us>. A user ID and password is needed to register. If you do not already have one, you can email us at webtrac@brecksville.oh.us
- Online registration opens one hour before in person registration.

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Kids n Company I

This class is designed for children 6 months to 2 years of age. A responsible adult participant who is comfortable in the water must accompany each child during all class sessions.

The purpose of this class is to provide a fun, safe, and comfortable environment for the participants. This class will provide instruction to help children to adjust to the water with a trusted adult and to develop skills towards independence. The intent of this class is not to "drown-proof" children or to teach them to swim independent of an adult.

Kids-N-Company uses both the group environment for a social aspect, as well as individual time to work on skills at each child's individual level. The participants will be taught skills that can be developed into swim skills. Skills included are:

- Getting wet with toys
- Getting wet kicking
- Enter water by lifting in
- Enter water by walking in
- Out-of-water exploration
- In-water exploration
- Exit water by lifting out
- Exit water by walking out
- Blowing bubbles on the surface
- Blowing bubbles with mouth and nose submerged
- Underwater exploration
- Submerging mouth, nose and eyes
- Front float
- Front glide
- Back float
- Back glide
- Roll from front to back
- Roll from back to front
- Passing from instructor to parent
- Leg action on front
- Leg action on back

NOTE Children who are not potty trained must wear swim diapers in the water at all times. No child suffering from diarrhea will be allowed to participate in the program. Swim diapers are available for purchase at the front desk if needed.

Location Human Services Therapy Pool

Meeting Day Monday
Class Times 5:15P - 5:45P
Class Dates 06/14/10 - 08/02/10
No Class 7/5 (make up class 7/7)
Activity 332261-11

Meeting Day Thursday
Class Times 6:45P - 7:15P
Class Dates 06/17/10 - 08/05/10
Activity 332261-41

Meeting Day Wednesday
Class Times 12:00P - 12:30P
Class Dates 06/16/10 - 08/04/10
Activity 332261-31

Registration Residents begin May 1 and Non-Residents begin May 8 until 2 days before the first class.

Fees: Community Center Member 30.00

Resident 35.00

Non-Resident 45.00

Kids n Company II

This class is designed for children 18 months to 3 years of age. A responsible adult participant who is comfortable in the water must accompany each child during all class sessions.

The purpose of this class is to provide a fun, safe, and comfortable environment for the participants. This class will provide instruction to help children to adjust to the water with a trusted adult and to develop skills towards independence. The intent of this class is not to "drown-proof" children or to teach them to swim independent of an adult.

Water exploration is encouraged, having fun is mandatory!

- Enter water in seated position
- Enter water in seated position—rolling over and sliding in
- Enter water by stepping or jumping in
- Water entry using a ladder
- Water entry using stairs
- Exploring the pool (in shallow water)
- Exit water using side of pool
- Exit water using a ladder
- Opening eyes and retrieving objects below the surface
- Opening eyes and retrieving submerged objects
- Bobbing
- Front float
- Front glide
- Front glide to the wall
- Back float
- Back glide
- Roll from front to back
- Roll from back to front
- Passing between adults
- Drafting with breathing
- Leg action on front—alternating or simultaneous movements
- Arm action on front—alternating or simultaneous movements
- Combined arm and leg actions on front with breathing
- Leg action on back—alternating or simultaneous movements
- Arm action on back—alternating or simultaneous movements
- Combined arm and leg actions on back

NOTE Children who are not potty trained must wear swim diapers in the water at all times. No child suffering from diarrhea will be allowed to participate in the program. Swim diapers are available for purchase at the front desk if needed.

Location Human Services Therapy Pool

Meeting Day Monday
Class Times 5:45P - 6:15P
Class Dates 06/14/10 - 08/02/10
No Class 7/5 (make up class 7/7)
Activity 332262-11

Meeting Day Thursday
Class Times 7:15P - 7:45P
Class Dates 06/17/10 - 08/05/10
Activity 332262-41

Meeting Day Wednesday
Class Times 11:30A - 12:00P
Class Dates 06/16/10 - 08/04/10
Activity 332262-31

Registration Residents begin May 1 and Non-Residents begin May 8 until 2 days before the first class.

Fees: Community Center Member 30.00

Resident 35.00

Non-Resident 45.00

Preschool I

Ages 3-5 years

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Submerging mouth, nose and eyes
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float to a vertical position
- Roll from front to back
- Roll from back to front
- Treading with arm and hand actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

Exit Skills Assessment

1. All Preschool Aquatics Level 1 skills can be performed with support.
2. Enter independently, using either the ladder, steps or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds then safely exit the water. (Children can walk, move along the gutter or “swim.”)
3. While in shallow water, glide on front at least 2 body lengths, then roll to back and float on back for 3 seconds then recover to a vertical position.

Location BCC—Brecksville Community Center Outdoor Pool

Session A-D — Monday, Tuesday, Thursday and Friday *(no class July 5; make up class July 7)

Sat II— Saturday (no class July 3)

	Class Dates	Class Times	Activity
Session A	06/14/10 - 06/25/10	9:45A - 10:15A	332263-A1
Session A	06/14/10 - 06/25/10	11:45A - 12:15P	332263-A2
Session B	06/28/10 - 07/09/10*	10:45A - 11:15A	332263-B1
Session B	06/28/10 - 07/09/10*	11:45A - 12:15P	332263-B2
Session C	07/12/10 - 07/23/10	9:45A - 10:15A	332263-C1
Session C	07/12/10 - 07/23/10	11:45A - 12:15P	332263-C2
Session D	07/26/10 - 08/06/10	11:45A - 12:15P	332263-D1
Sat II	06/12/10 - 08/07/10	11:00A - 11:30A	332263-61

Registration Residents begin May 1 and Non-Residents begin May 8 until 2 days before the first class.

Fees Community Center Member 30.00

Resident 35.00

Non-Resident 45.00

Preschool II

Ages 3-5 years

- Enter water by stepping in (in shoulder deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Bobbing, 3 times
- Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
- Front float, 3 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position
- Back float, 5 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Treading using arm and leg actions, 5 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 3 body lengths
- Finning arm action on back, 3 body lengths
- Combined arm and leg actions on back, 3 body lengths

Exit Skills Assessment

1. All Preschool Aquatics Level 2 skills can be performed with assistance.
2. Glide on front at least 2 body lengths, roll to back, float on back for 5 seconds then recover to a vertical position.
3. Glide on back for at least 2 body lengths, roll to front, float for 5 seconds then recover to a vertical position.
4. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds, roll to front then continue swimming on front for 3 body lengths.

Location BCC–Brecksville Community Center Outdoor Pool

Session A-D — Monday, Tuesday, Thursday and Friday *(no class July 5; make up class July 7)

Sat II — Saturday (no class July 3)

	Class Dates	Class Times	Activity
Session A	06/14/10 - 06/25/10	10:45A - 11:15A	332264-A1
Session A	06/14/10 - 06/25/10	11:45A - 12:15P	332264-A2
Session B	06/28/10 - 07/09/10*	9:45A - 10:15A	332264-B1
Session B	06/28/10 - 07/09/10*	11:45A - 12:15P	332264-B2
Session C	07/12/10 - 07/23/10	10:45A - 11:15A	332264-C1
Session C	07/12/10 - 07/23/10	11:45A - 12:15P	332264-C2
Session D	07/26/10 - 08/06/10	11:45A - 12:15P	332264-D1
Sat II	06/12/10 - 08/07/10	11:00A - 11:30A	332264-61

Registration Residents begin May 1 and Non-Residents begin May 8 until 2 days before the first class.

Fees Community Center Member 30.00

Resident 35.00

Non-Resident 45.00

Learn to Swim

Level 1: Introduction to Water Skills

Activity # 332161

- Enter water using ladder, steps or side
- Exit water using ladder, steps or side
- Blowing bubbles through mouth and nose, 3 seconds
- Bobbing, 3 times
- Opening eyes under water and retrieving submerged objects, 2 times (in shallow water)
- Front glide, 2 body lengths
- Recover from a front glide to a vertical position
- Back glide, 2 body lengths
- Back float, 3 seconds
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Treading using arm and hand actions (in chest-deep water)
- Alternating leg action on front, 2 body lengths
- Simultaneous leg action on front, 2 body lengths
- Alternating arm action on front, 2 body lengths
- Simultaneous arm action on front, 2 body lengths
- Combined arm and leg actions on front, 2 body lengths
- Alternating leg action on back, 2 body lengths
- Simultaneous leg action on back, 2 body lengths
- Alternating arm action on back, 2 body lengths
- Simultaneous arm action on back, 2 body lengths
- Combined arm and leg actions on back, 2 body lengths

Exit Skills Assessment

1. Enter independently, using either the ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. (Participants can walk, move along the gutter or swim.)
2. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position. (This part of the assessment can be performed with support.)

Level 2: Fundamental Aquatic Skills

Activity # 332162

- Enter water by stepping or jumping from the side (in shoulder-deep water)
- Exit water using ladder, steps or side (in chest-deep water)
- Fully submerging and holding breath, 5 seconds
- Bobbing, 5 times (in chest-deep water)
- Opening eyes under water and retrieving submerged objects, 2 times (in chest-deep water)
- Front float, 5 seconds
- Jellyfish float, 5 seconds
- Tuck float, 5 seconds
- Front glide, 2 body lengths
- Recover from a front float or glide to a vertical position
- Back float, 15 seconds
- Back glide, 2 body lengths
- Recover from a back float or glide to a vertical position
- Roll from front to back
- Roll from back to front
- Change direction of travel while swimming on front or back
- Treading using arm and leg actions, 15 seconds (in shoulder-deep water)
- Combined arm and leg actions on front, 15 feet
- Finning arm action on back, 5 body lengths
- Combined arm and leg actions on back, 15 feet

Exit Skills Assessment

1. Step from side into chest-deep water, move into a front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position.
2. Move into a back float for 5 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 the front then continue swimming for 5 body lengths. (You can assist the participant when taking a breath)

Level 3: Stroke Development**Activity # 332163**

- Enter water by jumping from the side (into deep water)
- Headfirst entry from the side in a sitting position (in water at least 9 feet deep)
- Headfirst entry from the side in a kneeling position (in water at least 9 feet deep)
- Bobbing while moving toward safety, 5 times (in chest-deep water)
- Rotary breathing, 10 times
- Survival float on front, 30 seconds (in deep water)
- Back float, 30 seconds (in deep water)
- Change from vertical to horizontal position on front (in deep water)
- Change from vertical to horizontal position on back (in deep water)
- Tread water, 30 seconds (in deep water)
- Push off in a streamlined position on front then begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on front then begin dolphin kicking, 3–5 body lengths
- Front crawl, 15 yards
- Back crawl, 15 yards
- Elementary backstroke, 15 yards
- Scissors kick, 10 yards

Exit Skills Assessment

1. Jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

Level 4: Stroke Improvement**Activity # 332164**

- Headfirst entry from the side in a compact position (in water at least 9 feet deep)
- Headfirst entry from the side in a stride position (in water at least 9 feet deep)
- Swim under water, 3–5 body lengths
- Feet first surface dive, submerging completely
- Survival swimming, 30 seconds (in deep water)
- Front crawl open turn
- Backstroke open turn
- Tread water using 2 different kicks (modified scissors, modified breaststroke or rotary), 2 minutes
- Front crawl, 25 yards
- Breaststroke, 15 yards
- Butterfly, 15 yards
- Push off in a streamlined position on back and begin flutter kicking, 3–5 body lengths
- Push off in a streamlined position on back and begin dolphin kicking, 3–5 body lengths
- Elementary backstroke, 25 yards
- Back crawl, 15 yards

Exit Skills Assessment

1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.

Learn to Swim—contin

Level 5: Stroke Refinement

Activity # 332165

- Shallow-angle dive from the side (in water at least 9 feet deep)
- Shallow-angle dive, glide 2 body lengths and begin any front stroke (in water at least 9 feet deep)
- Tuck surface dive, submerging completely
- Pike surface dive, submerging completely
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Tread water, 5 minutes
- Front crawl, 50 yards
- Breaststroke, 25 yards
- Butterfly, 25 yards
- Elementary backstroke, 50 yards
- Back crawl, 25 yards
- Standard scull, 30 seconds
- Sidestroke, 25 yards

Exit Skills Assessment

1. Perform a shallow-angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards

Level 6.1: Fitness Swimmer and Personal Water Safety

Activity # 332166

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Circle swimming
- Using a pace clock
- Using a pull buoy while swimming, 25 yards
- Using fins while swimming, 25 yards
- Using paddles while swimming, 25 yards
- HELP position, 2 minutes (in deep water)
- Huddle position, 2 minutes (in deep water)
- Feet first surface dive (in water at least 7-feet deep)
- Tuck surface dive (in water at least 7-feet deep)
- Pike surface dive (in water at least 7-feet deep)
- Back float, 5 minutes (in deep water)
- Survival float, 5 minutes (in deep water)
- Survival swimming, 10 minutes
- Treading water, kicking only, 2 minutes (in deep water)
- Surface dive and retrieve an object from the bottom (in water at least 7–10 feet deep)

Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes of your choice, swimming at least 50 yards of each stroke.
2. Perform the Cooper 12-minute swim test, and compare results with the pre-assessment results.
3. Jump into deep water, perform a survival float for 5 minutes, roll onto back and perform a back float for 5 minutes.
4. Perform a feet first surface dive, retrieve an object from the bottom of the pool at a depth of 7–10 feet, return to surface and return to starting point.

Level 6.2: Fundamentals of Diving

Activity # 332167

- Front crawl, 100 yards
- Elementary backstroke, 100 yards
- Back crawl, 50 yards
- Breaststroke, 50 yards
- Sidestroke, 50 yards
- Butterfly, 50 yards
- Front crawl open turn while swimming
- Backstroke open turn while swimming
- Front flip turn while swimming
- Backstroke flip turn while swimming
- Sidestroke turn while swimming
- Butterfly turn while swimming
- Breaststroke turn while swimming
- Basic stretching exercises for diving
- Body alignment and control
- Surface dive
- Dive from kneeling position from poolside
- Forward dive fall-in from poolside
- Standing dive from poolside
- Dive from kneeling position from diving board
- Forward dive fall-in from diving board
- Standing dive from diving board
- One-part and two-part takeoff on deck
- One-part takeoff from poolside
- One-part takeoff from diving board Two-part takeoff from diving board Tuck position
- Forward jump, tuck position with one-part takeoff from poolside and diving board
- Forward jump, tuck position with two-part takeoff from diving board
- Forward dive, tuck position with one-part takeoff from poolside and diving board
- Forward dive, tuck position with two-part takeoff from diving board
- Forward jump, pike position with one-part and two-part takeoff from diving board
- Forward dive, pike position with one-part and two-part takeoff from diving board

Exit Skills Assessment

1. Swim 500 yards continuously using any 3 strokes swimming at least 50 yards of each stroke.
2. Perform a two-part takeoff with a feetfirst entry from a 1-meter diving board.
3. Perform a two-part takeoff with a headfirst entry from a 1-meter diving board.

Learn to Swim Dates and Times

Location BCC—Brecksville Community Center

Session A-D — Monday, Tuesday, Thursday and Friday *(no class July 5; make up class July 7)

Sat I & II— Saturday (no class July 3)

Session	Class Dates	Class Times	Section #	Levels
A1	06/14/10 - 06/25/10	9:45A - 10:35A	A1	1 - 6.1
A2	06/14/10 - 06/25/10	10:45A - 11:35A	A2	1 - 6.1
B1	06/28/10 - 07/09/10*	9:45A - 10:35A	B1	1 - 6.1
B2	06/28/10 - 07/09/10*	10:45A - 11:35A	B2	1 - 6.1
C1	07/12/10 - 07/23/10	9:45A - 10:35A	C1	1 - 6.1
C2	07/12/10 - 07/23/10	10:45A - 11:35A	C2	1 - 6.1
D1	07/26/10 - 08/06/10	9:45A - 10:35A	D1	1 - 6.1
D2	07/26/10 - 08/06/10	10:45A - 11:35A	D2	1 - 6.1
Sat I	06/12/10 - 08/07/10	10:00A - 10:50A	61	1 - 6.1
Sat II	06/12/10 - 08/07/10	11:00A - 11:50A	62	1, 2, 3, 6.2

Registration Residents begin May 1 and Non-Residents begin May 8 until 2 days before the first class.**Fees** Community Center Member 35.00

Resident 40.00

Non-Resident 50.00

Adult Swim Program

Beginner

This class is for students who are not comfortable in the water. We begin by teaching proper body position and use simple, safe exercises to encourage placing the face in the water and learning to float.

Meeting Day Monday
Class Times 7:00P - 7:45P
Class Dates 06/14/10 - 08/09/10
No Class 7/5
Activity 322331-11

Intermediate

This class is for adults who are comfortable in the water but do not have proper technique, find themselves struggling, or are rapidly exhausted. A portion of this class will be designated to the proper breathing technique for freestyle and learning backstroke. Instructors will also cover the basics in swim training.

Meeting Day Wednesday
Class Times 7:00P - 7:45P
Class Dates 06/16/10 - 08/05/10
Activity 322332-31

Registration Residents begin May 1 and Non-Residents begin May 8 until 2 days before the first class.

Location BCC–Brecksville Community Center Indoor Pool

Fees Community Center Member 35.00

Resident 40.00

Non-Resident 50.00