

Swim Lessons Now Offered at Thomas Jefferson Aquatic Facility



We are excited to offer swim lessons at Thomas Jefferson High School. Our program will be providing Learn to Swim classes as an authorized provider of the American Red Cross. The curriculum of the courses is a nationally recognized program that helps your child progress through the different levels to become a proficient swimmer. The upper level courses can refine swimming strokes to lead to competitive swimming.

Dates and Times of Lessons

The Spring 2021 session is set for **Monday** or **Wednesday** evenings beginning on **April 12, 2021** or **April 14, 2021**. The classes are scheduled for **1 day a week for 6 consecutive weeks (35 minute classes)** ending on the week of **May 17th**. The different levels are available for the various sessions scheduled. There are 3 sessions per night that you can select from. Some of the higher levels are not available with each session time slot.

Registering for the Lessons

All registrations are done through the Ludus website at: https://tjhsaquatics.ludus.com/show_page.php?show_id=7167. **The registration portal will open on Friday, March 26 at 6:00PM on a first-come, first serve basis.** Slots are limited, so please register as soon as possible. Lessons are \$70 per child, and all payments are done through a credit card system with a small convenience fee added to each transaction. To select the lessons that work for your child, click on the "**GET TICKETS**" link.

Ludus will provide the secure way to purchase your lessons with a credit card. Prior to completing your registration you will be required to complete a form that will allow you to provide relevant demographic and medical information as well as have you accept the protocols for the lessons.

There are **no refunds** for this program once registered. If you have an extenuating situation you can contact the program director prior to the start of the first session, Registration will be monitored and adjustments may be made to balance the sessions and classes. If you have any questions, please direct them to aquatics@wjhsd.net with the subject line SWIM LESSONS.

Selecting the best class for your child

It is very important that you do your best to match your child's ability with the courses that we offer. The following is a list of the courses that are available this session. Please carefully read the prerequisites and select the course that best meets the needs of your child

Learn to Swim Level Descriptions and Prerequisites

Please review the descriptions of each level of LEARN TO SWIM level and select the course that is most appropriate for your child. The Learn to Swim Program at Thomas Jefferson follows the curriculum of the American Red Cross which is a progressive levels swim program.

Your child will be evaluated by the instructors during the first lesson and adjustments to the level may be required at that time to best meet the needs of the child.

The minimum age for the level #1 course is 4 and the swimmer must leave the parents and work with the instructors. Parents will be able to watch the lessons from the balcony viewing area.

Note: Not every skill listed below is covered in each class session.

Level #1

Prerequisites: Willing to enter the water and work with the teachers. **Minimum age of 4**

Skills Covered:

- Blowing bubbles
- Submerging to mouth and nose
- Opening eyes underwater and recovering toys
- Front and back glides
- Floating on back
- Combined arm and leg movements (with assistance)

Level #2

Prerequisites: Must complete level #1 or be able to do the following: Enter the water and bob 5 times, glide 2 body lengths and roll to float on back for 5 seconds and recover to vertical position.

Skills Covered:

- Front float and recover
- Kicking & arm stroke drills
- Swim on front with combined arms and legs (unassisted)
- Treading water with arm and leg movement
- Push off wall and swim on front and back with arm and leg movement (unassisted)

Level #3

Prerequisites: Must complete level #2 or be able to do the following: Push off the bottom into a treading or floating position for 15 seconds, swim on front and or back for 5 body lengths. Back float for 15 seconds, roll to the front and recover to a vertical position. Use combined arm and leg actions on the front for 5 body lengths, roll to a back float for 15 seconds, roll to the front and continue swimming for 5 body lengths.

Skills Covered:

- Flutter kick with rhythmic breathing
- Flutter kick with a kickboard
- Survival float
- Elementary backstroke kick & arms
- Dolphin kick
- Headfirst entry from sitting position
- Breaststroke kick

Level #4

Prerequisites: Must complete level #3 or be able to do the following: Jump into deep water, recover to the floating or treading position for 1 minute, rotate swim front crawl or elementary backstroke for 25 yards. Push off in a streamlined position and swim front crawl 15 yards, change direction and swim 15 yards elementary backstroke.

Skills Covered:

- Underwater swimming
- Pushing off in streamlined position doing various types of kicks
- Back crawl
- Headfirst entry from compact position
- Sidestroke coordination
- Breaststroke coordination
- Butterfly coordination
- Feet first surface dive
- Front crawl open turn
- Backstroke open turn

Level #5

Prerequisites: Must complete level #4 or be able to do the following: Enter the deep water and swim 25 yards front crawl and change direction and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and swim backstroke for 15 yards. Submerge and swim 3-5 body lengths underwater and return to the surface.

Skills Covered:

- Front flipturns
- Backstroke flipturns
- Sidestroke improvement
- Tuck and pike surface dives
- Shallow angle dives from the side
- Shallow angle dive with 2 body length glides and then begin front stroke

Registration is open for all swim lessons on Friday, March 26 at 6:00PM at the following link:

https://tjhsaquatics.ludus.com/show_page.php?show_id=7167