

The information within should assist you to achieve a quality experience with the Marshall Recreation Swim School.

# Marshall Recreation Swim School

## Participant Information

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# Group Swim Lesson Information

## Class Schedule

- Programs are five classes long. Classes are 30 or 40 minutes in length.
- The class schedule is available online.
- If there is a session that is only four classes in length, the prices will be adjusted accordingly.

## Pricing

- Regular Price (if a program is only scheduled for 4 classes the price will be adjusted)
  - Members \$40
  - Non Members \$55

## Refunds

There are no refunds for classes once the class has begun. Students may be transferred to another class within the same session on a space available basis.

## Student to Teacher Ratios

Swim Babies	Swim Tots	Preschool 1,2,3	Level 1	Level 2	Level 3	Level 4	Level 5	Adults
6:1	6:1	3:1	4:1	4:1	5:1	6:1	6:1	4:1

## Instructors

Instructors are assigned specific classes on the first day of class. Our goal is to have the same instructor with an assigned group for the full five classes. We try to fit students with instructors they are comfortable with and try to make adjustments as needed. If a participant wants a specific instructor guaranteed, they will need to request Private Swim Lessons. A Private Lesson Request form can be found on our website.

## Attire

Appropriate swimwear is required. Swim goggles that do not cover the nose are permitted if desired. If the use of the goggles become a distraction, the instructor will ask the child not to use them. Please work with your child on how to put the goggles on and not to take them off and put them on repeatedly during lessons. Children with long hair should have it secured or wear a swim cap. Children not completely toilet trained must wear a swim diaper.

## Locker Rooms

Men's and Women's locker rooms are available for use. Children 5 and under may use locker rooms of either gender, children 6 and up should use family locker rooms or respective locker rooms. We have Family/Gender Neutral locker rooms for families but there are only two available so please plan accordingly. Day lockers with locks are available in locker rooms and in the hallway for the Family/Gender Neutral locker rooms.

## Arrival to class

Upon entering the pool area all parents and participants should go to the designated area by the patio. The deck instructor will check you in there. Participants should stay in this area until the class begins maintain class schedules. We ask that you be on deck no earlier than 10 minutes prior to the start of class. Do not let your children enter the pool or spa until the class is scheduled to begin. This will keep them from getting chilled and will also assist us with starting classes on time.

## Parents

Parents are allowed on deck during lessons, but must remain in the designated area by the patio. Parents are welcome to sit outside the pool area in the hallway or on the patio, as it is much cooler. **PLEASE limit interactions with the students to allow the instructor to create trust and a bond with each student.** If there are small children not involved in lessons, or additional guests who are there to observe the lessons we ask that you remain outside the pool area and observe through the windows. **Our purpose is to eliminate distractions for the Guards, Deck Instructors and In Water Instructors to maintain a safe, calm environment conducive to learning.**

Members are free to work out during the lesson as long as the Deck Instructor is aware of where they will be in case of emergency. If a caregiver is needed the deck instructor will notify them.

## First Day of Class

Participants new to the program will be assessed on the first day of class to verify they are in the appropriate level. If they need to be moved, the Deck Instructor will discuss the best options with the parents/guardians. We will transfer them to the appropriate class. If a child is moved up, we guarantee a place in the higher level class. If a child is registered in a level above their ability and need to be moved; if the lower level class is full we cannot guarantee a place. Please register in a class as advised in our [online quiz](#) for what level you should enroll in or speak with the Coordinator of Aquatics and Safety to choose the most appropriate level.

## Swimming After Class

Swimming after class is available for all registrants. We ask that you be considerate of the ongoing classes and not intrude in their space or interrupt the class. Children in the pool after the class are the responsibility of the parent/guardian. If a child is unable to swim on their own they must wear a lifejacket (provided) or be attended by the parent in the water. If non-members, parents must pay the guest pass fee to use the pool after lessons.

**A watchful guardian is the first layer of safety around water. Remember you are only watching 1 individual, the guards are watching 40 – 100 individuals.**

## Spa

The spa is available to anyone 5 years and older. This is for the safety of the child as well as other users of the spa. Infants and toddlers cannot regulate their body temperature and there is a risk of overheating and dehydration. In addition there is a risk of bacterial infection absorbed through the skin, ears, eye, and mouth which is more dangerous for small children. The Centers for Disease Control states “exclude children less than 5 years of age from using hot tubs.” The American Red Cross says, “Children under 5 should not use a hot tub.” Our policy aligns with these health experts.

## Make up Lessons

No make-ups are conducted during regularly scheduled classes. Make up days will be scheduled at the end of each semester for classes missed or canceled due to student illness, weather, or unforeseen pool closures. During make-up lessons, there is no testing done and instructions may be different from your regularly scheduled days. These must be registered in person or by phone (304-696-4732) through the Pro Shop.

## Participant Progress

Individualized progress reports will be sent to the email listed on CSI account at the end of each session of group lessons. This report will identify those skills that the student is able to complete, those that they can almost complete, and those they are unable to complete or were not introduced. The class level they are to sign up for next will be identified.

## How long will it take to learn to swim?

People progress through the program at different rates. Learning how to swim is a complex physical skill and the amount of time it takes to become a water safe, competent swimmer depends on a number of factors. Two of the primary factors are comfort (fear) in the water and an individual's kinesthetic awareness (coordination). Practice and exposure are the keys to learning. The more time in the water the faster learning will occur. You will invest time and money into learning this lifesaving skill that can benefit an individual for their entire life. Each session of lessons is only 5 classes long. Remember no one came out of the womb and learned to walk in 5 days. It took growth and practice to learn. Learning any physical skill will take time and development to learn. Be patient and you will be rewarded.

## Additional Questions?

If you have additional questions please see the Deck Instructor or feel free to stop in my office, call me at 304-696-3653, or email me at [beckere@marshall.edu](mailto:beckere@marshall.edu).

# Aquatic Program Descriptions

## Parent and Child Programs

There are two classes available. These are based on ages. We do not work with children under 6 months of age.

- Swim Babies is for 1 – 2 years of age and
- Swim Tots is for 2 – 3 years of age.
- These classes can be taken as many time as desired.
- When a child is 3 years of age they may register for Preschool 1,2,3.
- One parent (and one parent only) is required to be in the water for each child registered

### Swim Babies

*For children 1 - 2 years of age.*

This parent and child program introduces basic skill and safety concepts to parents and children. Adults will learn how to work with their child in the water with appropriate support and holds to prepare and encourage their child to participate fully. The skills introduced will lay a foundation for learning to swim. Parents are introduced to several water safety topics. One adult per child must attend each class and participate in the water. Each class is 30 minutes long.

#### **Upon successful completion of this level child will:**

- Exit and enter the water safely with assistance
- Gain comfort in the water
- Explore submersion of mouth, nose and eyes
- Float on front and back with assistance
- Perform arm and leg movements with assistance
- Experience wearing an approved Life Jacket

### Swim Tots

*For children 2 – 3 years of age.*

This parent and child course will help toddlers become comfortable in and around the water learning fundamental water skills with assistance of a trusted adult. In addition, adults will learn about water safety and how to safely handle their child in and around the water. This class is not designed to teach survival in the water on their own. One adult per child must attend each class and participate in the water. Each class is 30 minutes long.

#### **Upon successful completion of this level child will:**

- Learn to ask permission before entering the water
- Exit and enter the water safely with and without assistance
- Gain comfort in the water
- Explore submerging underwater in a rhythmic pattern (bobs)
- Float on front and back with assistance
- Change body position in the water with assistance
- Glide on front and back with assistance
- Perform arm and leg movements with assistance
- Swim and enter water with an approved Life Jacket

## Preschool 1, 2, 3

- Preschool 1,2,3 is for ages 3-5 years of age who have attended a parent and child program, have been in a structured swim program previously or are comfortable without the parent in the immediate area.
- This class will instruct the child with consideration of their age and ability. Completion of all three components of Preschool 1,2, 3 will bypass Level 1 and 2 for older children.
- With larger classes we break down the levels with smaller classes all levels are taught together with each child focusing on the skills they need

### Preschool Level 1

The child will become familiar with the aquatic environment and learn basic aquatic skills. Children will begin to learn how to be safe around the water.

Upon successful completion, the child will:

- Exit and enter the water safely
- Pour water over head
- Fully submerge mouth, nose and eyes underwater
- Blow bubbles through the mouth and nose for 3 seconds
- Explore underwater swimming
- Change body position in the water with assistance
- Float and glide on front and back with assistance
- Perform arm and leg movements with assistance

### Preschool Level 2

The child will gain greater independence in their skills and develop more comfort in and around the water. This level is the start of independent aquatic locomotion skills.

Upon successful completion, the child will:

- Perform 5 bobs with proper breathing
- Enter water from the side and recover to a float with assistance
- Open eyes underwater and retrieve submerged objects
- Float from front and back and back to front float with assistance
- Perform streamlined glide on front and back using a proper kick, with assistance
- Float and glide on front and back with assistance
- Perform arm and leg movements for 3 yards with assistance
- Scull with hands while in back position with flutter kick without assistance

### Preschool Level 3

The child will learn correct propulsive skills in the water on the front and back independently. They will perform skills for longer distances and times.

Upon successful completion, the child will:

- Perform 10 bobs with proper breathing
- Enter water from the side and recover to a float without assistance
- Float on front and back without assistance
- Roll from front to back and back to front float without assistance
- Perform streamlined glide on front and back using a proper kick without assistance
- Perform streamlined glide rotating from front to back using a proper kick for 15 yards
- Change direction of travel while swimming on front and on back without assistance
- Tread water using arm and leg movements for 2 minutes
- Perform beginner stroke independently for 5 yards

- Scull and kick on back for 10 yards without assistance

## Swim School Level 1: Introduction to Water Skills

For children 5-13 years of age, Level 1 orients the child the aquatic environment and help them gain basic aquatic skills. Participant will develop positive attitudes, effective swimming skills and safe practices in and around the water. Swim School Level 1 skills overlap Preschool Level 1 and Preschool Level 2 skills.

Upon successful completion of this level child will:

- Exit and enter the water independently and safely
- Fully submerge mouth, nose and eyes underwater
- Be able to hold breath underwater for 5 seconds
- Perform 5 bobs with proper breathing without hesitation
- Explore underwater swimming
- Float and glide on front and back without assistance
- Change body position in the water with assistance
- Perform beginner stroke on front with assistance (face in water)

## Swim School Level 2: Fundamental Aquatic Skills

For ages 5 – 13 years of age who have completed Level 1 skills or Preschool Level 2 skills. Level 2 will build on the basic aquatic skills learned in Level 1 and the child will work on performing these skills without assistance. This level is the beginning of true locomotion skills laying the foundation for learning strokes. Swim School Level 2 skills overlap Preschool Level 2 and Preschool Level 3 skills.

Upon successful completion of this level child will:

- Perform 10 bobs with proper breathing without hesitation
- Open eyes underwater and retrieve submerged objects
- Float on front and back for 10 seconds without assistance
- Roll from front to back and back to front float without assistance
- Perform a streamlined glide with kick on front and back using a proper kick without assistance
- Perform streamlined glide rotating from front to back using a proper kick with assistance
- Perform head and hand lead side kick with proper lateral breathing with assistance
- Perform arm beginner stroke with proper breathing for 10 yards
- Scull with hands on back with kicking
- Enter water by jumping from the side and recover to a float with assistance

## Swim School Level 3: Stroke Development

For ages 5 – 13 years of age who have completed Level 2 skills or Preschool Level 3 skills. Level 3 will develop the Freestyle and Backstroke at proficient levels for short distances. Children will also begin work on the kicks for Elementary Backstroke, Breaststroke, and Butterfly. Participants who successfully complete Level 3 will have achieved basic water competency in a pool environment.

Upon successful completion of this level child will:

- Perform 20 bobs with proper breathing without hesitation
- Perform streamlined glide on front and back using proper kick for 15 yards

- Perform streamlined glide rotating from front to back using a proper kick for 15 yards
- Perform a single switch arm and leg movement for freestyle and backstroke
- Perform a triple switch arm and leg movement for freestyle and backstroke for 15 yards
- Complete 15 yards of freestyle with proper lateral breathing, body position and rotation
- Complete 15 yards of backstroke with proper body position and rotation
- Scull and flutter kick on back for 15 yards
- Perform whip kick on back with proper flexion of knees and ankles
- Perform streamlined dolphin kick for 3 yards
- Perform the survival float for 1 minute.

## Swim School Level 4: Stroke Improvement

For ages 5 – 13 years of age who have completed Level 3 skills. Level 4 will improve participant technique and endurance of the freestyle and backstroke. The breaststroke and butterfly will be introduced along with open turns.

Upon successful completion of this level child will:

- Perform the Freestyle for 25 yards with proper technique
- Perform the Backstroke for 25 yards with proper technique
- Perform the triple switch for freestyle and backstroke
- Demonstrate an open turn for freestyle and backstroke
- Demonstrate proper arm stroke and breathing for Breaststroke
- Demonstrate the Breaststroke kick (whip kick).
- Demonstrate a streamline off the wall with dolphin kick for 5 yards.

## Swim School Level 5: Stroke Refinement

For ages 5 – 13 years of age who have completed Level 4 skills. Level 5 will refine technique and increase endurance of all swimming strokes. Participants will learn open and flip turns for all strokes.

Upon successful completion child will:

- Perform the Freestyle for 50 yards with proper technique
- Perform the Backstroke for 50 yards with proper technique
- Perform the Breaststroke for 25 yards with proper technique
- Perform the Butterfly for 15 yards with proper technique
- Perform proper turns for Freestyle, Backstroke and Butterfly
- Swim 300 yards nonstop using above strokes

## Adult Basic

For ages 14 and over this class has no prerequisites. Participants will gain comfort in the water, learn basic aquatic safety skills and develop swimming strokes. Accomplishment of skills will take several sessions depending upon the participant's comfort in the water. Participants will be divided into groups with others of similar abilities on the first day of class.

Upon successful completion of this class participants will:

- Submerge mouth, nose and eyes
- Hold breath and blow bubbles through mouth and nose



- Perform 5 - 20 bobs
- Explore underwater swimming
- Change body position in water with assistance
- Float on front and back with assistance
- Open eyes underwater
- Swim 5 yards underwater
- Float on front and back independently
- Roll from front to back independently
- Perform streamlined glide on front and back using a proper kick
- Perform streamlined glide rotating from front to back using a proper kick
- Perform head and hand lead side kick with proper lateral breathing
- Scull and flutter kick on back for 15 yards
- Perform a single switch arm and leg movement for front and back crawl
- Perform front crawl with proper lateral breathing 15 yards
- Perform back crawl 15 yards
- Learn methods of self-rescue and basic procedures to assist others in the water without putting oneself in danger.

## Adult Stroke

Participants must be comfortable in chest-deep water and able to put their face in the water and float without assistance. They must be able to perform strokes that can be recognized as freestyle and backstroke for 15 yards. This class will improve participant's proficiency in freestyle and backstroke. Additional strokes and skills will be developed according to each participant's goals.