

Group Swim Lesson

Level Information



UNIVERSITY OF NEBRASKA AT OMAHA
WELLNESS CENTER

Beginner Swim Classes

(Maximum 5 students per class)

Skills listed will be performed with assistance from the instructor when needed.

Level A: Ages 3 – 6, (Recommended Age 3 – 4)

Bubble will be used for some skills. Enter the pool independently using the ladder, steps or slide; travel at least 5 yards; submerge to mouth and blow bubbles for at least 3 seconds; then safely exit the water. While in shallow water glide on front at least 2 body lengths, roll to back, float for 3 seconds then recover to vertical position. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 5 seconds then roll to front and continue swimming on front for 3 body lengths.

Level B: Ages 3 – 6, (Recommended Age 4 – 5)

Bubble may or may not be used. Step from side into chest deep water, move to a front float for 5 seconds, roll to back and float for 5 seconds then return to a vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 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 front then continue swimming for 5 body lengths.

Level C: Ages 3-6, (Recommended Age 5 – 6)

Bubble will not be used. Step from side into chest deep water, move into front float for 5 seconds, roll to back, float for 5 seconds then return to a vertical position. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 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 front and continue swimming for 5 body lengths.

Learn to Swim Classes

(Must be at least 6 years old)

(Maximum 5 students per class)

Skills listed should be performed with little or no assistance.

Ages 6+, Level 1:

Enter independently using either ladder, steps or side, travel at least 5 yards, bob 3 times then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.

Ages 6+, Level 2:

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. Move into a back float for 5 seconds, roll to front then recover to a vertical position. 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 front and continue swimming.

Ages 6+, Level 3:

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

Ages 6+, Level 4:

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

Ages 6+, Level 5:

Perform a shallow angle dive into deep water, swim front crawl 50 yards, change direction and swim elementary backstroke 50 yards. Swim breaststroke 25 yards change direction and swim back crawl 25 yards.

Ages 6+: Level 6 – Fitness Swimmer:

Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each. Perform Cooper – 12 minute swim test and compare with pre – assessment test.

Registration Information

All registrations must include a parent/guardian participant release.

Classes may be combined to meet class size quota.

Classes may be canceled due to low enrollment.

Class dates may change due to scheduled UNO activities, weather, instructor illness, or University closure.

Class absences that are not due to University schedules may not be made up.

Spectators and non-participants should remain seated away from the pool.

Children must be supervised at all times.

Stop by the HPER Control Desk to register or call 554-2539.

