

BSC AQUATIC & WELLNESS CENTER

Swimming Lessons

Parent and Child Classes

Listed ages are recommended for classes.

Ages 0-3

American Red Cross Parent & Child Aquatics familiarizes young children (6 months to about 3 years) to water and prepares them to learn to swim in the following levels. It gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise water activities in a responsible manner.

Pre-school aquatics swim classes



Ages 3-6

Level A

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

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.

Private Lessons

Individuals who wish to have private lessons will be able to make arrangements with a certified Water Safety Instructor (WSI) and will consist of four one-on-one sessions of 30 minutes. Private lessons are dependent upon an available instructor. Arrangements can be made by calling 751-4266.



Learn-to-Swim aquatics classes

Ages 6+



Level 1

Enter independently using either ladder, steps or side, travel at least 5 yards, bob 3 times the 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.

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.

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.

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.

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.

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.

Level 6-Personal Water Safety

Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each. Jump into deep water, perform a survival float for 5 minutes, roll onto back and float for 5 minutes. Perform a feet first surface dive, retrieve an object from 7-10 feet below surface, return to the surface and starting point.



BSC AWC is the first facility in the state to offer the Make a Splash program. Make a Splash is a national water safety initiative created by the USA Swimming Foundation. Make a Splash educates parents about the importance of a child's water safety. Watch for more information on Make A Splash at the BSC AWC.