

# Guidelines for Placement in Swim Classes

**Don't know where to start?** Roger Carter Community Center offers a free skill evaluation to determine the appropriate level for your child. During the school year, evaluations are held Monday evenings from 7-8pm on a first-come, first-served basis. During the summer (June-August), evaluations are held on Friday evenings.

## Parent/Child - Lessons: 8 - 1 parent to 1 child ratio

### Baby Water Play

(6 mos-2 yrs)

RP4007

Prerequisite: None

Swimming diapers must be worn in addition to swimwear

Parents learn how to work safely with their child in the water, including how to appropriately support and hold them. The focus of the class is for children to develop water comfort. With an adult, children explore safe water practices including submerging, buoyancy, gliding and changing body position in the water through play.

### Aqua Tots

(3-4 yrs)

RP4008

Prerequisite: None

Swimming diapers must be worn in addition to swimwear for non-potty-trained children.

Parents support their children as they become more independent and familiar with the aquatic environment. Children are introduced to basic water skills such as safe water entry and exits, conditioning, cueing, breath control, buoyancy, and floating. Kicking and basic arm motions are also be practiced. Once the child has developed proper breath control, submerging and assisted floats are practiced.

## Preschool Swimming (4-5 yrs) - Lessons: 8

### Level 1

RP4009

Prerequisite: None

Students must be able to function well in a group setting without parents.

Children become familiar with the aquatic environment and learn basic water skills such as water entry and exit, blowing bubbles, breath control and submerging underwater. With support, they begin to float, glide and swim on their front and back. This class creates the foundation for safe water practices.

### Level 2

RP4010

Prerequisite: Preschool Swimming Level 1 or...

1. Perform all skills comfortably in the water with assistance.
2. Blow bubbles through nose and mouth for 3-5 seconds.
3. Bob under water, fully submerged, for 3-5 seconds.

Children who are comfortable submerging underwater become more independent through more advanced fundamentals of breath control, buoyancy, gliding on the front and back, treading in deeper water and swimming on the front and back with assistance as needed.

### Level 3

RP4011

Prerequisite: Preschool Swimming Level 2 or...

1. Front and back float without assistance for 5-10 seconds.
2. Front and back glide without assistance for 8 feet.
3. Comfortable in 5 feet of water AND able to tread water for 5 seconds.

Children who are comfortable submerging, floating, and gliding independently practice independent water entry and exit, breath control, buoyancy, treading in deeper water and swimming on the front and back at a more proficient level. Emphasis is on improved coordination of simultaneous and alternating arm and leg action on their front and back.

## Aqua Kids (6-10 yrs) - Lessons: 8

### Level 1

RP4012

Prerequisite: None

Students must be able to function well in a group setting without parents.

In this introduction to swimming, learn basic water safety and skills. Skills include safe entry and exit, breath control, submerging underwater, floating, gliding, and introduction to swimming on the front and back.

### Level 2

RP4013

Prerequisite: Aqua Kids Level 1 or...

1. Front and back float without assistance for 5-10 seconds.
2. Front and back glide without assistance for 8 feet.
3. Bob underwater and remain submerged for 3-5 seconds AND blow bubbles through mouth and nose.
4. Comfortable in 5 feet of water AND able to tread water for 5 seconds.

Build on the fundamental skills of entry and exit, breath control, and buoyancy. Emphasis on combined alternating arm and leg action on the front and back at a more proficient level. Learn how to swim unassisted for longer lengths. Treading in deep water is introduced (taught in deep water).

### Level 3

RP4014

Prerequisite: Aqua Kids Level 2 or...

1. Front and back glide unassisted for distance of 10 feet.
2. Front and back crawl unassisted for ½ length of the pool.
3. Comfortable swimming in deep water (10 feet).
4. Tread water for 15 seconds.

Improve on your freestyle and back stroke skills with proper form and breathing. Begin to learn breaststroke kick, head-first entries and basic diving techniques. Participants must be comfortable in 10 feet of water; class is taught in deep water.

## Learn to Swim (11-15 yrs) - Lessons: 8

### Beginner

Prerequisite: None

RP4015

Learn basic water safety and skills. These skills include safe entry and exit, breath control, buoyancy, gliding, changing direction and swimming on the front and back. Learn how to submerge underwater, blow bubbles, combine arm and leg motions without support, and independently float and glide on the front and back.

### Intermediate

Prerequisite: Learn to Swim Beginner or...

RP4016

1. Bob underwater, blow bubbles through mouth and nose, and remain submerged for at least 5 seconds.
2. Front and back floats unassisted for 5-10 seconds.
3. Front and back glide unassisted for distance of 10 feet.
4. Freestyle and backstroke unassisted for ½ length of pool.

Build on your swimming fundamentals. Begin breaststroke kick, freestyle and back stroke with proper form and breathing for longer distances. Deep water safety, treading, and head-first entries/ basic diving techniques are introduced.

## Swim Team Prep (6-18 yrs) - Lessons: 8

### Pre-Swim Team Skills

Prerequisite: Must be able to...

RP4018

1. Freestyle and backstroke unassisted for 25 yards
2. Perform all swimming skills unassisted in 10 feet of water.
3. Tread water for 30 seconds.

In this stroke improvement course, work on the freestyle and backstroke for longer distances, and be introduced to breaststroke and butterfly. The basics of turning at the wall and diving are presented. This is the perfect course for those who are interested in joining the swim team!

### Non-competitive Swim League

Prerequisite: Must be able to...

RP4022

1. Freestyle (rotary breathing) and backstroke for 50 yards.
2. Breaststroke for 25 yards.
3. Continuous combined swim (free, back, breast) for 100 yards.

This recreational league teaches you the basics of swim team drills, timing, legal stroke techniques, turns, diving starts. Practices are one hour, twice a week on Saturday mornings and Monday evenings.

### Stroke and Turn Clinic

Prerequisite: Must be able to...

RP4024

1. Freestyle (rotary breathing) for 100 yards
2. Backstroke and breaststroke for 50 yards.
3. Continuous combined swim (free, back, breast) for 200 yards.

Are you a competitive swimmer? Work on perfecting each stroke and learn flip turns for competitions and fitness.

## Adult Swim Lessons (16 yrs +) - Lessons: 8

### Beginner

Prerequisite: None

RP4019

Adults who never learned how to swim or are beginners, this is the class for you! Learn and build on the fundamentals of swimming through breath control, buoyancy, treading, changing direction and swimming on the front and back.

### Women Only (Fall & Winter)

Prerequisite: None

RP4017

Ladies, join in this fun women's only beginner class! Learn and build on the fundamentals of swimming through breath control, floating and gliding, treading, changing direction, and swimming on the front and back. All lessons are led by a female instructor. Only offered in the Fall and Winter season.

### Intermediate

Prerequisite: Adult Swim Lessons Beginner or...

RP4023

1. Bob underwater, blow bubbles through mouth and nose, and remain submerged for at least 5 seconds.
2. Front and back floats unassisted for 5-10 seconds.
3. Front and back glide unassisted for distance of 10 feet.
4. Freestyle and backstroke unassisted for ½ length of pool

Refine your stroke, turn, and breathing skills for continuous swimming. Safe deep water swimming and treading skills are introduced.

### Masters (18 yrs +)

Prerequisite: Must be able to...

RP4035

Lessons: 4 or 8

1. Swim 300 yards consecutively
- \*Knowledge of all 4 competitive strokes is encouraged, but not required.*

RCCC Masters is a year-round program for swimmers with a focus on fitness. Join an experienced coach and fellow swimmers for a 90-minute workout each weekend. Workouts can consist of between 2,500-4,000 yards total.

**Info: Ann Joseph, 410-313-2752 or [ajoseph@howardcountymd.gov](mailto:ajoseph@howardcountymd.gov)**

**Additional aquatics programs and registration info: [www.HowardCountyMD.gov/RCCC#aquatics](http://www.HowardCountyMD.gov/RCCC#aquatics).**