

SPAR SWIM LESSONS: January/February 2025

SPAR Rec & Aquatic Center, 933 W. Parish Road, Sulphur, LA 70663; (337)527-2500; www.sulphurparks.com

WEEKDAY SESSIONS

Session A = January 6 – January 29... registration deadline = Wed., January 1 12:00PM

Session B = February 3 – February 26... registration deadline = Wed., January 29th 12:00PM

*Sessions are Monday & Wednesday a total of 8 classes

Registration Fee = \$80 per person

Morning class options

9:30AM-10:10AM
Adult Beginner

Afternoon class options

Monday & Wednesday PM Classes		
4:30PM-5:10PM	5:20PM-6:00PM	6:10PM-6:50PM
Preschool A	Preschool A	Level 1
Preschool B	Preschool B	Level 2
/	Level 3	/

SATURDAY SESSIONS

Session C = January 4 – January 25 ... registration deadline = Wed., January 1st 12:00PM

Session D = February 1 - February 22 ... registration deadline = Wed., January 29th 12:00PM

*Session is 4 consecutive Saturdays a total of 4 classes

Registration Fee = \$40 per person

Saturday Classes	
8:30AM-9:10AM	9:20AM-10:00AM
Adult Beginner	Adult Advanced
/	Parent / Child

REGISTRATION INFORMATION

Registration: Online only at <http://www.sulphurparks.com/sparc>

Location of Aquatic Programs:

SPAR Recreation & Aquatic Center; 933 West Parish Road, Sulphur, LA

Registration Fees: Full payment is due at the time of registration. No phone registration.

Cancellation policies: Cancellations must be made in person and in writing at SPAR Recreation & Aquatic Center by the registration deadline to receive a full refund, less a \$25.00 cancellation fee. Cancellations after the deadlines are not eligible for a refund nor are the fees transferable to future programs/classes. Late cancellations could deprive others of the opportunity to participate!

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Other: Swimsuits required. Towels required. Non-potty-trained persons must wear swim diapers.

SWIM LEVEL DESCRIPTIONS

Parent & Child: Children 18 months to 3 years old: Enroll: min 3; max 15.

Parents are taught how to safely work with their children in the water; including proper support and methods of holding a child in the water.

Skills: hold & support techniques; water adjustment, enter & exit water safely, buoyancy on front & back with support, pool exploration

Exit Assessment: Participation in course only. No exit assessment.

Safety Focus: General water / lifejacket/ sun safety and recreational water illnesses.

Preschool A: Ages 3 years to 5 years old: Enroll: min 3; max 4. Focus on developmentally appropriate learning of fundamental water safety and aquatic skills.

Skills: enter & exit water safely, submerging, floating, front crawl arm & leg movements, back crawl arm & leg movements

Exit Assessment: While in shallow water, glide on front for at least 2 body lengths, then recover to a vertical position. Submerge and blow bubbles for at least 3 seconds.

Safety Focus: Recognizing an emergency, how to call for help, general water/ lifejacket/ sun safety.

Preschool B: Ages 3 years to 5 years old: Enroll: min 3; max 4. Furthering basic skills such as gliding on back, treading water, bobbing under water, and changing directions. Must be able to submerge independently and glide & float to enter class.

Skills: Bobbing, treading water, finning, front crawl & back crawl, changing directions

Exit Assessment: 1. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, then continue swimming on front for 3 body lengths. 2. Glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, then recover to a vertical position. 3. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.

Safety Focus: Recognizing an emergency, how to call for help, general water/ lifejacket/ sun safety.

Level 1: Ages 6 years old and older: Enroll: min 3; max 5. Intro to water skills. Students begin to move independently in the water. Basic skills are taught including floating, gliding, treading water, and bobbing.

Skills: Submerging/bobbing, gliding, floating, intro to swim stroke: front crawl/ back crawl/ breaststroke/ elementary backstroke

Exit Assessment: 1. Glide on front at least 2 body lengths while blowing bubbles, roll to a back float for 5 seconds and recover to a vertical position. 2. Enter independently, travel at least 5 yards, submerge/bob 5 times, then safely exit the water. 3. Demonstrate 2 body lengths of front crawl, back crawl, breaststroke, and elementary backstroke.

Safety Focus: Recognizing an emergency, how to call for help, general water/ lifejacket/ sun safety.

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Level 2: Ages 6 years old and older: Enroll: min 3; max 6. Fundamental aquatic skills. Must pass Level 1 to enter. This course builds upon skills taught in Level 1. Must be able to float.

Skills: Rotary breathing, treading water, bobbing in chest deep water, swim strokes of front & back crawl.

Exit Assessment: 1. Step from side into chest-deep water, push off the bottom, move into treading for at least 15 seconds, swim on front and /or back for 5 body lengths, then exit the water. 2. Move into a back float for 15 seconds, roll to front, then recover to a vertical position. 3. Push off and swim using combined arm & leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to the front, then continue swimming for 5 body lengths. 4. Demonstrate 5 body lengths of front crawl & back crawl

Safety Focus: Staying safe around water, reaching & throwing assist, look before you leap, think so you don't sink.

Level 3: Ages 6 years old and older: Enroll: min 3; max 7. Level 2 skills are developed and refined. Must pass Level 2 to enter. This course builds upon skills taught in Level 2. Must be able to swim 5 body lengths of front crawl & back crawl to enter Level 3.

Skills: Diving from kneeling position, survival floating, intro to dolphin kick, scissors kick, further development of front crawl, breaststroke & elementary backstroke,

Exit Assessment: 1. Jump into deep water from the side, recover to surface, tread for 1 minute, rotate 1 full turn, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Push off in a streamline position then swim front crawl for 15 yards, change position and direction, swim elementary backstroke for 15 yards, then exit the water.

Safety Focus: Reaching and throwing assist, Safety around freezing water and ice, look before you leap.

Level 4: Ages 11 years old to 17 years old: Enroll: min 3; max 8. Level 3 skills are developed and refined. Must pass Level 3 to enter this class. Must know how to swim 25 yards front crawl, backstroke, or breaststroke with basic techniques. This is a **STROKE REFINEMENT CLASS!** This means to do well in the class, there must be basic swimming ability to refine. This class does not teach you how to swim, but how to improve your swimming ability or drop time for competitive swimming.

Skills: Diving from a standing position, dolphin kicks, scissors kick, further development of front crawl, breaststroke, backstroke, and elementary butterfly.

Exit Assessment: 1. Jump into deep water from the side, recover to surface, tread for 1 minute, rotate 1 full turn, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Stroke of choice 50 meter dash while applying knowledge into the stroke. 3. Flip turns 4. Starts from the block

Safety Focus: Reaching assist, safety as a competitor, look before you leap.

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Adult Beginner: Ages 17 years old and older: Enroll: min 3; max 8. Adults are taught the basic swimming safety skills and developing and refining all swimming strokes.

Skills: Diving from kneeling position, survival floating, intro to dolphin kick, scissors kick, further development of front crawl, breaststroke & elementary backstroke,

Exit Assessment: 1. Jump into deep water from the side, recover to surface, tread for 1 minute, rotate 1 full turn, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. 2. Push off in a streamline position then swim front crawl for 15 yards, change position and direction, swim elementary backstroke for 15 yards, then exit the water.

Safety Focus: Reaching and throwing assist, look before you leap.

Adult Advanced: Ages 17 years old and older: Enroll: min 3; max 8. Adults who swim for fitness want to learn to refine their strokes.

Skills: Open & flip turns, swim strokes: front crawl, breaststroke, butterfly, elementary backstroke, back crawl, sidestroke

Exit Assessment: 1. Perform a feet first entry into deep water, swim front crawl for 25 yards, change direction, swim elementary backstroke for 25 yards. 2. Swim breaststroke for 15 yards, change direction, swim back crawl for 15 yards 3. Submerge and swim 3-5 body lengths underwater without hyperventilation, return to the surface, exit the water.

Safety Focus: Reaching and throwing assist, Open water safety.

