

SPAR SWIM LESSONS: Fall 2024

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

WEEKDAY SESSIONS

Session A = Sept. 9th- Oct. 2ndregistration deadline = Thur., Sept. 5th 11:59PM

*Sessions are Monday & Wednesday for 4 weeks for a total of 8 classes

Registration Fee = \$80 per person

Session B = Oct.7th-30thregistration deadline = Thur., Oct. 3rd 11:59PM

*Sessions are Monday & Wednesday for 4 weeks for a total of 8 classes

Registration Fee = \$80 per person

Morning Class Options

9:30-10:10 AM
Adult Beginner

Afternoon Class Options

4:30-5:10 PM	5:20-6:00 PM	6:10-6:50 PM
Preschool A	Preschool A	Level 1
Preschool B	Preschool B	Level 2
	Level 3	

SATURDAY SESSIONS

Session C = Sept. 7th-28thregistration deadline = Thur., Sept. 5th 11:59PM

*Session is for 4 consecutive Saturdays for a total of 4 classes

Registration Fee = \$40 per person

Session D = Oct. 12th-Nov. 2nd... registration deadline = Thur., Oct. 10th 11:59PM

*Session is for 4 consecutive Saturdays for a total of 4 classes

Registration Fee = \$40 per person

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

REGISTRATION INFORMATION

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

Scan the QR code to connect with SPARC registration website.

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!

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

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Session information & class descriptions

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 2; 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 2; 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 the 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 for 10 seconds.

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 cold water and ice, look before you leap

Adult Beginner: Ages 17 years old and older: Enroll: min 2; 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 2; 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 feetfirst 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.