

# LEARN-TO-SWIM



## CLASS INFO

Learn-To-Swim classes are held at the Wellness & Aquatics Center (WAC), located on the College of Southern Maryland (CSM) Leonardtown Campus.

Building D  
22950 Hollywood Road  
Leonardtown, MD 20650



**\$85 PER SESSION**  
Ages 6 months and up

At the end of the session your child will be asked to perform a set of exit skills. Once a child has mastered all the skills in their level, they will be able to move to level 2, 3 and beyond. Children who can move up will be given a card by the instructor signifying the level they can sign up for in the next round of swim lessons. If your child does not meet the age requirement for the next class, they will need to register in person.



### WHAT LEVEL IS MY CHILD?

Beyond level 1, classes are by evaluation only. Before each session coaches will provide two evaluation days for new students entering the program. If you miss the evaluation days you may sign up for a private lesson for your child to be assessed. Otherwise you must enroll in a level 1 class. Your child will be evaluated on day 1 of class and can be placed in a higher level if space allows.

Please contact 301-475-4200 ext. 1821 for more information and to inquire about upcoming evaluation days.

Those who are not participating in the class are NOT permitted into the pool area. Lessons can be viewed from the bleachers in the hallway. If you would like to work out while you wait, we encourage you to purchase a WAC membership.

Membership options can be found by visiting our webpage at [stmaryscountymd.gov/recreate/wellnesscenter](http://stmaryscountymd.gov/recreate/wellnesscenter)

Each session includes 8 classes that meet once per week for 8-weeks. Classes are led by a Certified American Red Cross Water Safety Instructor (WSI).

## FACT SHEETS

### PARENT & CHILD PRESCHOOL

Ages 6 months - 3 years  
Parent & Child Aquatics builds basic water safety skills for both parent and child.

Ages 4-5  
Levels 1-3 classes are designed to familiarize and build confidence and skills from level to level.

### LEARN TO SWIM

Ages 6-12  
Learn-To-Swim classes are progressive to develop and build skills from fundamentals to stroke skills and fitness development.

### ADULT SWIM

Ages 13 and up  
Adult classes Levels 1-3 are offered for both the inexperienced to competitive athletes.

# LEARN-TO-SWIM



## CLASS DESCRIPTIONS

Learn-To-Swim classes offered annually over the course of 5 sessions with early registration available for current enrollees a week prior to open registration for new participants. Classes will not meet on certain holidays. **Current schedule information is available online at [stmaryscountymd.gov/recreate/wellnesscenter](http://stmaryscountymd.gov/recreate/wellnesscenter).**



### PARENT & CHILD

Parent and Child Aquatics builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water. Prerequisite: One adult is required to get in the pool with each child. Non-potty-trained participants must wear swim diapers under swimsuit.

### PRESCHOOL AQUATICS LEVEL 1

Preschool Aquatics Level 1 is designed to familiarize children between the ages of 4 and 5 to the aquatic environment and help them acquire rudimentary basic aquatic skills. In this class, participants will begin to develop positive attitudes and safe practices in and around water. Prerequisite: Students must be able to function well in a group class without a parent. Non-potty-trained participants must wear swim diapers under swimsuit.

### PRESCHOOL AQUATICS LEVEL 2

The objectives of this level are to build on the basic aquatic skills learned in Level 1 and give children further success with fundamental aquatic skills performed to a slightly more advanced degree than at Level 1. Most skills in this level are performed with assistance. This level marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes. Level 2 also adds to the self-help and basic rescue skills introduced in Level 1. Prerequisite: Students must be able to perform all exit skills from Level 1 and function well in a group class without a parent. Non-potty-trained participants must wear swim diapers under swimsuit.

### PRESCHOOL AQUATICS LEVEL 3

In Preschool Aquatics Level 3, our instructors follow a plan to introduce new swimming and water safety skills that are developmentally appropriate for young children. Some of the milestones in Level 3 include: -Stepping from the side into chest-deep water. -Moving into a front float for 5 seconds, rolling to back, floating for 5 seconds then recovering to a vertical position. -Moving into a back float for 5 seconds, rolling to front then recovering to a vertical position. -Pushing off and swimming using combined arm and leg actions on front for 5 body lengths. -Rolling to back, floating for 15 seconds, rolling to front then continuing to swim for 5 body lengths. Prerequisite: Students must be able to perform all exit skills from Level 1 & 2 and function well in a group class without a parent. Non-potty-trained participants must wear swim diapers under swimsuit.

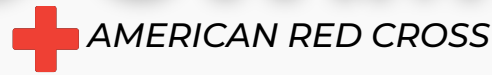
### LEARN-TO-SWIM LEVEL 1

Learn-to-Swim Level 1 is for the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms, and jumping in. Prerequisite: Students must be able to function well in a group class without a parent.

### LEARN-TO-SWIM LEVEL 2

Learn-to-Swim Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. Prerequisite: Students must be able to perform all exit skills from Level 1 and function well in a group class without a parent.

# LEARN-TO-SWIM



## CLASS DESCRIPTIONS

### LEARN-TO-SWIM LEVEL 3 STROKE DEVELOPMENT

In Learn-to-Swim Level 3, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills. Your child learns to swim the front crawl and elementary backstroke at rudimentary levels, is introduced to the scissors and dolphin kicks, learns the survival float and increases the time duration for treading water. Your child also learns the rules for headfirst entries and begins to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim and help your child develop water competency. Prerequisite: Students must be able to perform all exit skills from Level 1 & 2 and function well in a group class without a parent.

### LEARN-TO-SWIM LEVEL 4-5 STROKE IMPROVEMENT & REFINEMENT

In Learn-to-Swim Level 4 and 5, our instructors follow a plan to introduce new swimming and water safety skills and to build on previously learned skills, improving the swimming stroke proficiency and swimming for longer distances. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 4 include: Swimming the front crawl and elementary backstroke for 25 yards, swimming the breaststroke, butterfly and sidestroke for 15 yards, Headfirst entry from a stride position and open turns on the front and back. Prerequisite: Students must be able to perform all exit skills from Level 1, 2 & 3 and function well in a group class without a parent.

### LEARN-TO-SWIM LEVEL 6 FITNESS SWIMMER

As in all the other levels, in Learn-to-Swim Level 6, our instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are quite high in regards to distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness. Some of the milestones in Level 6 include: Swimming 500 yards continuously using any 3 strokes of choice, demonstrating turns while swimming and demonstrating circle swimming.



### ADULT LEVEL 1

As in all the other levels, in Learn-to-Swim Level 6, our instructors follow a plan to refine swimming, physical fitness in the water and water safety skills that were taught throughout the levels. The expectations are quite high in regards to distance and quality. Additionally, in Fitness Swimmer, you learn principles of training and how to evaluate your own level of fitness. Some of the milestones in Level 6 include: Swimming 500 yards continuously using any 3 strokes of choice, demonstrating turns while swimming and demonstrating circle swimming.

### ADULT LEVEL 2

Level 2 is designed to introduce swimming strokes to adults so that they develop confidence and endurance as novice swimmers. Participants will gain proficiency in aquatic skills and the swimming strokes. Flip turns, treading water and recovery to a swimming position are also covered. Prerequisite: Students must be able to perform all exit skills from Adult Learn to Swim Level 1.

### TEEN & ADULT SWIM CONDITIONING

Swim Conditioning is for recreational or competitive athletes looking to develop their swimming strokes, improve their fitness, increase their anaerobic capacity, and/or reap the benefits of a coach's feedback and workout in a team-oriented environment. This level is designed for swimmers who have mastered the competitive strokes and want to work on proper timing, technique, and stroke refinement to achieve more ease, efficiency, power and endurance. Further coordination of the basic strokes is emphasized so that the student can swim smoothly over longer distances. More advanced turns at the wall, and safety skills are covered. Prerequisite: Participant must be able to swim the following strokes for 25 yards: Freestyle, Breaststroke and Backstroke.



# PRIVATE LESSONS

CERTIFIED INSTRUCTORS

## PASS INFO

Private swim lessons are available for those who are looking for tailored one-on-one instruction. Private lessons are available Monday - Sunday and are booked based on instructor and client availability.



## HOW TO BOOK PRIVATE LESSONS

- 1** Direct questions to our helpful staff at the front desk at the WAC (Wellness & Aquatics Center). Staff will walk you through each step and set up your lessons.
- 2** Complete the [Availability Form](#) and email to: [StMarysWellnessCenter@stmaryscountymd.gov](mailto:StMarysWellnessCenter@stmaryscountymd.gov) or return to the front desk.
- 3** You will be matched with an instructor that fits your needs and availability. Due to high volume requests, placement with a particular instructor may not be guaranteed. You will be contacted within 72 hours of your request.
- 4** Staff will provide you with a punch card on your first visit. Simply scan your card at each training session for entry. Once pass visits are used, you may renew for additional sessions. All passes expire 1-year from date of purchase.



## PASSES

### PRIVATE LESSONS

Single Lesson	\$40
3-Pass	\$105
5-Pass	\$150
10-Pass	\$250

### BUDDY PASSES

**2 Clients, 1 Coach**

3-Pass	\$90
5-Pass	\$125
10-Pass	\$200

\*price per child



**BULD YOUR SWIMMING CONFIDENCE**