Hello –

Welcome to Binghamton University’s Campus Recreational Services Learn to Swim Program. We are excited to have you join us for another exciting semester of swimming. Below you will find a description of each Learn to Swim Program level that we offer. You will also find a list of what skills are required to pass each level. Each level contains a variety of safety lessons. Students will have to demonstrate these skills successfully before moving into the next level. Please keep in mind that every child progresses at their own pace. Pushing a child before they are ready to move could instill fear in them for life. Instructors are trained to recognize which students are ready for the next level and will do everything in their power to make each student successful. Repeating a level is not necessarily a bad thing. Most students have to repeat levels at least once before moving forward. If you have any questions or concerns, please ask your instructor or contact Cindy Cowden at 777 – 3125 or cowden@binghamton.edu.

Level I
This level is the beginning to the Learn to Swim Program. In this level, students will learn how to enter and exit the water safely. Students will learn to submerge his / her head and open their eyes under the water to see objects. The child will learn to float and glide on his / her stomach and back while being supported and explore ways of changing position in the water using their arms and legs.

In order to pass Level I the child must be able to demonstrate all required skills and:
1. Enter water unassisted, travel 5 yards; bob 3 times to eye level and safely exit the water. The child may walk, crawl, or swim to do this but must be unassisted.
2. Glide on front at least 2 body lengths (supported); roll to a back float for 3 seconds (supported); and recover to a vertical position (supported).

Level II
This level builds off of Level I. In this level, students will learn to submerge their entire head under the water while learning breath control. Students will learn to float on his / her stomach and back unassisted. Students will learn to move arms and legs in motions that will promote swimming on his/her own both on front and back.

In order to pass Level II, the child must be able to demonstrate all required skills and:
1. Step from side into chest deep water, move into a front float for five seconds, (unsupported), roll to back, float for 5 seconds, return to a vertical position. This is unsupported.
2. Move in to a back float (unsupported), float for 5 seconds, then recover in to a vertical position (unsupported).
3. Push off and swim (unsupported) using a combination of arm and leg motion for 5 body lengths on the front, roll on to back, float for 15 seconds, roll to the front and continue swimming 5 body lengths.

**Please keep in mind that Level II is probably the most difficult level to pass.** Students must be able to swim on their own for 10 body lengths without assistance. This often takes more than one session to get through. Students will NOT be passed if they cannot sustain themselves in the water and are still timid at submerging their entire head under water.
Level III
Once the student can swim on his / her own, it is time to learn the fundamentals of different strokes. Level III offers an introduction to the elementary backstroke, increased endurance on front crawl and kicking action for the butterfly. Students will also begin to learn how to tread water effectively as well as kick on their side. The beginning stages of diving will also be taught.

In order to pass Level III, the child must be able to demonstrate all required skills and:
1. Jump into chest deep water from the side of the pool, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (front or side), and maintain the position by treading water or by floating for 30 seconds and then swim elementary backstroke 15 yards.

Level IV
Level four teaches the remainder of the basic strokes. In Level IV, students will learn the technique for backstroke as well as the arm movements for sidestroke and butterfly. Students will also learn the breaststroke. Students will continue to develop their front crawl and elementary back strokes and learn open turns to change directions at the wall. Students will also increase endurance with all of these strokes. A continuation of diving will also be covered.

In order to pass Level IV, the child must be able to demonstrate all required skills and:
1. Perform a feet first entry in to deep water, swim front crawl for 25 yards, change direction using open turns and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction of travel, and swim back crawl for 15 yards.

Level V
In Level V, students will refine the various strokes that have been taught throughout the program. Students will learn flip turns as another means of changing direction at the wall. Students will also learn various types of dives (if facilities are available).

In order to pass Level V, the child must be able to demonstrate all required skills and:
1. Perform a shallow water dive in to deep water, swim front crawl for 50 yards, change direction using open turns and swim elementary backstroke for 50 yards.
2. Swim breaststroke for 25 yards, change direction of travel, and swim back crawl for 25 yards.

General Reminders:
- Classes will meet **twice a week** for 45 minutes.
- All classes follow American Red Cross guidelines (adopted in Spring 2009).
- The final night of lessons will be a “Family Fun Night” where parents may swim with their children. Siblings are allowed at this event.
- All participants will receive a certificate of participation from Campus Recreation.
- If for any reason, class has to be canceled, Campus Recreation will contact parent/guardians as soon as the class is canceled. Please make sure to provide accurate contact information on registration form.
- You may accompany your child to lessons and sit in the pool area during class.
- There are no family locker rooms. Entrance to the pool is through the men’s and women’s locker rooms. Please plan accordingly if you child needs help getting ready for lessons. Parents must use gender appropriate locker rooms.