



BOYS & GIRLS CLUB
OF PAWTUCKET

Learn To Swim Program

Our swim lessons are taught by Red Cross Certified Lifeguards. Swim lesson groups meet once a week for five weeks. Classes are set-up so your child can learn and progress at their own pace. Class sizes will not exceed 12 children, and for younger participants, we will maintain a 1:4 staff to swimmer ratio. The following program descriptions are intended to be an aide for you and your child in working with the aquatics staff to accurately place your child.

In making an evaluation of what level you believe your child should be placed in, please:

1. Review the following level descriptions and talk with your child about their water comfort level.
2. Consider your child's age, peer group, and past swimming experience.
3. Remember, there is nothing wrong with placing your child in a level you think is below them. We can easily advance them if need be.
4. If you have questions, do not hesitate to ask the aquatics staff or swim instructors. We want to help you and your child.



Swim Lesson Levels

Preschool I & II: In these classes, pre-schoolers will have fun learning to get in and out of the water and jumping into shallow water. They will try floats and glides on their front & back, and learn to put on a swim belt. As they progress, they will learn to jump into shallow water by themselves and get in and out wearing a swim belt. They will submerge and exhale underwater. With a buoyant aid, they will move through the water kicking on their front and back. As your child advances, they will begin to gain independence in shallow water and begin to explore deep water with assistance.

Levels 1 (Novice): Participants will become comfortable entering and exiting the water, bobbing, floating and gliding on their front and back for short distances, and submerging and holding their breath. They will also learn how to stay safe in and around water.

Level 2 (Beginner): Participants will build on skills learned in Level 1. They will become more comfortable in the water, work on floating and gliding for longer distances, begin treading water, and learn how to fully submerge and retrieve objects.

Levels 3 (Intermediate): Participants will focus on stroke development – learning the flutter kick, dolphin kick, and changing directions in deeper water. They will learn rotary breathing, how to tread water, and how to jump, dive, and roll into deep water. They will work on front and back crawl for lengths of 15-20 meters.

Levels 4-6 (Advanced): These advanced participants will refine their front, back, and breast stroke and learn the butterfly all while increasing stamina. They will learn to scull and swim lengths of the pool using all strokes. Sprints of 25-50 meters and endurance swims of 100-200 meters will be practiced. They will learn shallow dives and feet first sculling, and will practice treading water and survival floating for 1+ min. This is aimed at children who are looking to improve their technique and endurance and/or join the Sharks Swim Team!

