



## MENTOR COMMUNITY RECREATION CENTER

### LEARN-TO-SWIM PROGRAM

The Learn-to-Swim (LTS) program is designed for children ages 6 to 12 years old.

Each child progresses through each level at his/her own pace, mastering the skills in one level before advancing to the next. It is very common to take a class more than once prior to mastering and moving on to the next. Each level of our LTS program includes training in basic water safety.

#### **LTS Level 1: Introduction to Water Skills** Min to run class #4; Max in each class #6

**Mondays/Wednesdays: 5:15 – 6 pm**

**Mondays/Wednesdays: 6:15 – 7 pm**

**Saturdays: 10:30 – 11:15 am**

**\$40 per session of 8 classes (members) \$50 (nonmembers)**

Skills: Enter and exit water, blow bubbles through nose and mouth, bobbing, retrieve submerged objects, front and back floats and glides, alternating and simultaneous arm and leg actions on front and back, combined arm and leg action on front and back.



#### **LTS Level 2: Fundamental Aquatic Skills** Min #4; Max #6

**Mondays/Wednesdays: 5:15 – 6 pm**

**Saturdays: 10:30 – 11:15 am**

**\$40 per session of 8 classes (members) \$50 (nonmembers)**

Skills: Fully submerge and hold breath; bobbing; retrieve submerged objects; front, jellyfish and tuck floats; front and back floats and glides; roll from back to front and front to back; tread water; combined arm and leg action on front and back; and finning arm action on back. Skills should be performed comfortably with minimal assistance.

#### **LTS Level 3: Stroke Development** Min to run class #4; Max in each class #8

**Mondays/Wednesdays: 5:15 – 6 pm**

**Saturdays: 10:30 – 11:15 am**

**\$40 per session of 8 classes (members) \$50 (nonmembers)**

Skills/Activities: Jumping into deep water; sitting and kneeling dives; rotary breathing; survival float; change from vertical to horizontal position on front and back; tread water; flutter, dolphin, scissor, and breaststroke kicks; front crawl; and elementary backstroke.



#### **LTS Level 4: Stroke Improvement** Min #4; Max #8

**Mondays/Wednesdays: 6:15 – 7 pm**

**Saturdays: 10:45 – 11:30 am**

**\$40 per session of 8 classes (members) \$50 (nonmembers)**

Improves proficiency of strokes and the ability to swim longer distances. Skills: Standing dives; underwater swimming; feet first surface dive; survival swimming; front crawl and backstroke; side stroke; breaststroke and butterfly.

#### **LTS Level 5,6: Stroke Refinement** Min to run class #4; Max in each class #8

**Mondays/Wednesdays: 6:15 – 7 pm**

**Saturdays: 9:45 – 10:30 am**

**\$40 per session of 8 classes (members) \$50 (nonmembers)**

Refine swimming skills in all competitive strokes: butterfly, breaststroke, backstroke and front crawl. Diving, turns and strategies for improving techniques and increasing speeds for each stroke as well as rescue skills training will be included.