

# Camp Berachah Swimming Lessons

**Parent/Toddler Lessons** – Introduces the infant to the water in a fun, safe Christian environment. A parent or guardian must accompany their infant or toddler into the pool.

- SWIM DIAPERS ARE REQUIRED FOR INFANT/TODDLER CLASSES  
(Unless they are potty trained).
- It is important to understand that Parent and Child Aquatics is NOT designed to teach children to become good swimmers or even to survive in water on their own.



## Parent/Infant 1 (Ages 6 Months – 12 Months)

We will provide fun activities that will allow you to assist your infant with exploring the water safely. Course objectives include: safely entering and exiting the pool, submerging and exploring breath control, playing safely in the water, wearing a lifejacket and more. We will work with the parents on how to hold and support your child while they are in the water, and the use of lifejackets.



## Parent/Toddler 1 (Ages 1 Year – 3 Years)

We will provide fun activities that will allow you to assist your toddler with exploring the water safely. Course objectives include: safely entering and exiting the pool, submerging and exploring breath control, playing safely in the water, wearing a lifejacket and more. We will work with the parents on how to hold and support your child while they are in the water, and the use of lifejackets.



## Parent/Toddler 2 (Ages 1 Year – 3 Years)

We will provide fun, safe activities that will allow you to continue with assisting your toddler in their exploration of the water. We will build upon the skills they learned in Parent/Toddler 1 as they learn new skills. Course objectives include: more safe ways to enter and exit the water, more time using the lifejackets, building the comfort level to float in the water, along with using arms and legs to move through the water.

# Camp Berachah Swimming Lessons

**Preschool Lessons** are for children age 3 – 6 years old and must be potty trained



**Preschool 1** develops a comfort level in and around the water, as well as a readiness for learning to swim. Course objectives include: exposure to water adjustment skills, introduction to elementary propulsion in the water, introduction to basic water safety skills, and introduction to floating.



**Preschool 2** develops a comfort level in and around the water, as well as swimming skills. Course objectives include: developing floating skills on front and back, introduction to unassisted swimming, develop breath control and rhythmic breathing skills and safety skills.



**Preschool 3** introduces crawl stroke, combined stroke on the back and deep-water adjustment. The course objectives include: development of crawl stroke, development of combined stroke on back, adjustment to deep water and safety skills.



**Preschool 4** introduces diving, while working on endurance and deep water swimming. The course objectives include: develop strength and endurance, continuing to refine crawl stroke and deep water skills and safety.



**Preschool 5** provides students who have completed the basic preschool series the opportunity to become efficient in advanced skills. The course objectives include: introduction to advanced swimming strokes and skills, maintaining the proper stroke techniques for long distances, and increasing the awareness of personal water safety.

# Camp Berachah Swimming Lessons

**Youth Lessons** are for children 6 years old and up



**Youth Level 1** is an introduction to personal water safety education. Course objectives include: positive exposure to water adjustment skills, development of skills basic to swimming, introduction to personal safety awareness in and around water.



**Youth Level 2** introduces crawl stroke and combined stroke on the back. Course objectives include: introduction to crawl stroke and rotary rhythmic breathing, development of basic swimming skills on the back, rescue and safety skills.



**Youth Level 3** introduces elementary backstroke, develops rotary rhythmic breathing and continues to refine and strengthen the crawl stroke. Course objectives include: further development of crawl stroke and rotary breathing, swimming in deep water and development of other deep water skills, rescue and safety skills.



**Youth Level 4** emphasizes increased coordination and endurance of crawl stroke, backstroke, elementary backstroke and deep water skills. Course objectives include: further development of deep water skills, increased endurance and refinement of crawl stroke and backstroke, introduction to breaststroke and sidestroke and safety skills.



**Youth Level 5** promotes self help skills, introduces advanced stroke techniques and further develops endurance skills. Course objectives include: further development of elementary backstroke, breaststroke and sidestroke, perform crawl stroke, backstroke and elementary backstroke with increased distances, diving from diving board, introduction to self help skills and safety skills.



**Youth Level 6** polishes strokes so students swim them with more ease, efficiency, power and smoothness over greater distances. Course objectives include: improved endurance and proficiency of crawl, backstroke, sidestroke and butterfly, introduction to approach stroke, flip turns, and surface dives. Also includes lifeguard skills, and CPR.