Chippewa Valley School District Aquatics

Community Education: (586) 723-2050

19120 Cass Ave, Clinton Twp MI 48038

Swimming Level Objectives

Aqua Tots – ½ Hour Class For children 6 months to 3 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.	**Goldfish (PA) - ½ hour class** For children 3-5 years old, this class is designed for a parent to be in the water with the child. Child uses a flotation device.
Goldfish For children 3-5 years old, no parent assistance is needed. Child uses a flotation device. Learn basic swimming skills with the assistance of a backpack with the aid of a teacher. - Scoopers, Birdie Arms, Back Crawl, Floats, Blowing Bubbles	**Starfish** For children 3-5 years old. Children will learn the basic skills of swimming without a flotation device or parent assistance. Learn basic swimming skills without the assistance of a backpack. With the aid of a teacher. - Scoopers, Birdie Arms, Back Crawl, Floats, Blowing Bubbles.
Level 1 For children 6 & up. This class is designed to help students feel comfortable in the water. Learn to submerge mouth, nose & eyes. Learn swimming skills with less assistance from the teacher. - Scoopers, Birdie Arms, Back Crawl, Floats, Putting face in the water	**Level 2** Work on swimming in deep water. Introduced to dolphin kicking and butterfly. Gives students success with fundamental skills. - Front crawl, breathing to side, back crawl, dolphin kick, butterfly, floats.
Level 3 Work on swimming in deep water. Work on breathing. Introduce kicks for different strokes. - Front crawl, must breathe to side, back crawl, dolphin kick, breaststroke kick.	**Level 4** Work on swimming in lane lines. Working on swimming laps and learning complete strokes. - Front crawl, back crawl, butterfly, breaststroke, sidestroke, elementary backstroke.
Level 5 Work on swimming in lane lines. Working on swimming laps, building endurance, flip turns. - Front crawl, back crawl, butterfly, breaststroke, sidestroke, elementary backstroke, flip turns, increase distance.	**Level 6** This class refines all 6 strokes so the child can swim with ease, efficiency, power & smoothness over greater distances. Work on swimming in lane lines. Working on swimming laps, building endurance. - Front crawl, back crawl, butterfly, breaststroke, sidestroke, elementary backstroke, flip turns. - Needs to complete a 500-yard swim.

Locations:

CHIPPEWA VALLEY HIGH SCHOOL POOL
18300 NINETEEN MILE ROAD, CLINTON TOWNSHIP, MI 48038

DAKOTA HIGH SCHOOL POOL
21055 21 MILE ROAD, MACOMB, MI 48044