Clearfield Aquatic Center – LITTLE WAVES
A Natural Swim Lesson Progression Program for children 3-5 years

LITTLE WAVE 1– Duck Dive & Glide
No prerequisite skills required

LITTLE WAVE 2– Floats & Glides
Prerequisites:
Completion of Little Wave 1 or Preschool Aquatics 2
Ability to do the following skills:
5 relaxed bobs (rhythmically blowing bubbles with eyes in the water)
Submerge head for 3 seconds
Front Glide for 3 seconds and rollover to the back (assisted)
Back Glide for 3 seconds and recover (assisted)

LITTLE WAVE 3 – Stroke, Kick & Glide
Prerequisites:
Completion of Little Wave 2 or Preschool Aquatics 3
Ability to do the following skills:
10 relaxed bobs rhythmically submerging head and blowing bubbles
Submerge head for 5 seconds
Front Glide with flutter kick for 10 feet then rollover to a back float
Back Glide with flutter kick for 10 feet
Jump in water over head and recover on the back

LITTLE WAVE 4 – Front Crawl & Back Crawl
Prerequisites:
Completion of Little Wave 3
Ability to do the following skills:
Front Crawl with rollover 12 feet
Back Crawl 12 feet
Bob to safety
Jump in water overhead and return to the wall
Jump in water overhead and recover on the back

PARENT & CHILD SPLASH
Introduction to aquatics for children ages 8 months to 3 years.

PARENT & CHILD SPLASH 1
Prerequisites:
No prerequisite skills required

PARENT & CHILD SPLASH 2
Prerequisites:
Completion of Parent & Child Splash 1
This course is taught in conjunction with Parent and Child Splash 1.
Clearfield Aquatic Center – WAVES
A Natural Swim Lesson Progression Program for children 6 years & older

Prerequisite Skill Requirements:

WAVE 1 – Floats and Glides
No prerequisite skills required

WAVE 2 – Front & Back Crawl
Prerequisites:
- Completion of Wave 1 or Level 1
- Ability to do the following skills:
  - 10 relaxed bobs
  - Submerge head for 5 seconds
  - Front Glide with flutter kick 12 feet then roll over to a back float
  - Back Glide with flutter kick for 12 feet

WAVE 3 – Elementary Backstroke
Prerequisites:
- Completion of Wave 2 or Level 2
- Ability to do the following skills:
  - Front Crawl (with rollover breathing) 25 feet
  - Back Crawl 25 feet
  - Jump in deep water and return to the wall
  - Jump in deep water and recover to a back float

WAVE 4 – Breaststroke
Prerequisites:
- Completion of Wave 3 or Level 3
- Ability to do the following skills:
  - Jump into deep water, swim front crawl 15 yards, tread water for 30 seconds, swim
  - Elementary backstroke 15 yards
  - Back Crawl 15 yards

WAVE 5 – Butterfly
Prerequisites:
- Completion of Wave 4 or Level 4
- Ability to do the following skills:
  - Front Crawl 30 yards with open turns
  - Back Crawl 30 yards with open turns
  - Elementary Backstroke 30 yards
  - Breaststroke 15 yards

WAVE 6 – Swim Team Prep 1 – Front Crawl & Breast Stroke
Prerequisites:
- Completion of Wave 5 or Level 5
- Ability to do the following skills:
  - Front Crawl 45 yards with flip turns
  - Back Crawl 45 yards with flip turns
  - Elementary backstroke 45 yards
  - Breaststroke 30 yards with open turns
  - Butterfly 15 yards

WAVE 7 – Swim Team Prep 2 – Back Crawl & Butterfly
Prerequisites:
- Completion of Wave 6 or Level 6
- Ability to do the following skills:
  - Front Crawl 45 yards with flip turns
  - Back Crawl 45 yards with flip turns
  - Breaststroke 30 yards with open turns
  - Elementary backstroke 45 yards
  - Butterfly 15 yards

WAVE 8 – Springboard Diving
Prerequisites: Completion of Wave 5, Level 5 or above
Ride the waves and learn to swim at the Clearfield Aquatic Center

We are excited to start a new swim lesson program beginning June 4, 2012. Children will learn to swim by following a new swim lesson progression program – WAVES…

There are 4 learn to swim classes for children 3-5 years:

LITTLE WAVE 1 – Duck Dive & Glide
LITTLE WAVE 2 – Floats & Glides
LITTLE WAVE 3 – Stroke, Kick & Glide
LITTLE WAVE 4 – Front Crawl & Back Crawl

There are 8 learn to swim classes for children 6 years and older:

WAVE 1 - Floats & Glides
WAVE 2 – Front Crawl & Back Crawl
WAVE 3 – Elementary Backstroke
WAVE 4 – Breaststroke
WAVE 5 – Butterfly
WAVE 6 – Swim Team Prep 1 – FC/BS
WAVE 7 – Swim Team Prep 2 – BC/BF
WAVE 8 – Springboard Diving

There are 2 classes for children 8 months – 3 years.

PARENT & CHILD SPLASH 1 & 2

Please read the prerequisite skills attached to each course to assist you in registering your child. If you have questions regarding registration please contact the Aquatic Center @ 801 525-2641.