

Associate Wellness Center

Honda Swim Lessons

Parent/Child & Preschool Aquatics:

Developed for children 6 months to 5 years of age and their parents, Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water.

Parent/Child: 6 months to 3 years of Age

This program is intended to develop a comfort level in and around the water, as well as a readiness for learning to swim for infants and toddlers. Parents must accompany the child in the water. This will provide the necessary knowledge and skills to orient your child to the water and safely supervise all water activities.

Preschool: 3 - 5 Years Old

This program is intended to develop in young children a comfort level in and around the water, as well as a readiness for learning to swim. We will discuss water safety topics and prepare each child for a transition into the Honda Swim Lesson levels.

Honda Swim Lessons:

The prerequisite for each level for Honda Swim Lessons is successful demonstration of the skills learned in the preceding level. Beginners start at level 1, which has no prerequisites.

Level 1: Introduction to Water Skills – (must be a minimum of 5 years old)

The objective is to help students feel comfortable in the water and to enjoy the water safely. Skills include supported kicking and floating on front and back, water adjustment skills and experiencing buoyancy.

Level 2: Fundamental Aquatic Skills

The objective of Level 2 is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. Skills include kicking and arm movement on back and front, water adjustment skills, turning over, and proper breathing techniques.

Level 3: Stroke Development

The objective of Level 3 is to build on the skills of level 2 with additional guided practice. Students will learn to coordinate the front crawl and back crawl as well as elementary backstroke, treading water, and safe diving. Skills include coordinating breathing with stroke and personal safety skills.

Level 4: Stroke Improvement

The objective of Level 4 is to develop confidence in the strokes learned from the previous levels and to improve them. Students will be introduced to the breaststroke, the sidestroke and will be encouraged to improve the front crawl, back crawl, and the elementary backstroke. Skills include diving, turns at the wall, treading water, familiarity with rescue breathing and CPR.

Level 5: Stroke Refinement

The objective of Level 5 is to learn coordinating and refinement of the keystrokes. The students will be introduced to the butterfly, open turns, the feet-first surface dive, and springboard diving. Skills include underwater swimming, breathing control and personal safety skills.

Level 6: Swimming and Skill Proficiency

The objective of Level 6 is to polish strokes so students can swim with more ease, efficiency, power, and smoothness over greater distances. Students will be introduced to additional turns as well as pike and tuck surface dives. Skills include springboard diving, turns, and basic rescues.

Adult: All skill levels.