

LEARN-TO-SWIM PROGRAM

Skill Levels And Requirements For Ages 3 & Up

The City of San Ramon's Learn-To-Swim Program offers comprehensive course levels that teach participants how to swim skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at the Jellyfish level, which has no prerequisites and progress through the classes in the following order: Seahorses, Turtles, Otters, Stingrays, Sharks, and Dolphins. If you have any questions, please ask an Aquatic Staff member.

The 3-5 Year Old swim lessons follow class requirements for the Jellyfish, Seahorses, Turtles, and Otter levels. All 3 year old participants are recommended to complete Learn-To-Swim Parent/Tot prior to enrolling in 3 -5 Year Old lessons.

Learn to Swim Testing Day

The City of San Ramon Aquatics Staff will be assessing all Learn-To-Swim levels for participants ages 3 to 5 and 6 to 14 on their swimming ability prior to the start of each Summer Learn-To-Swim session to assist with placing students in the correct levels. Participants must be registered for an upcoming Summer Learn-To-Swim lesson to attend any of the Testing Days. Participants will be given a Testing Day Results form after they have been assessed, to be presented on the first day of class. For your convenience, participants may attend a testing day at either facility.

San Ramon Olympic Pool	6/15, 6/22, 7/6, 7/20, 8/3	9:30 – 11:30am
Dougherty Valley Aquatic Center	6/15, 6/22, 7/6, 7/20, 8/3	3:00 – 5:00pm



JELLYFISH

- Enter and Exit Water Independently
- Travel without support – 10 feet
- Bob (Submerge Face Underwater) – 10 times
- Blowing Bubbles – 10 Seconds
- Front Float– 5 seconds
- Flutter kick with support on front – 10 feet
- Introduction to arm strokes with support
- Back Float– 5 seconds
- Flutter kick with support on back – 10 feet
- Introduction to back stroke arms with support
- Rollover front to back and return to standing position with support
- Proper use of a life jacket in the water



SEAHORSES

- Enter water by jumping feet first from side of the pool
- Exit pool using ladder or side
- Bob while blowing bubbles – 10 times
- Front Glide– 10 feet
- Front Glide with flutter kick – 15 feet
- Freestyle – 15 feet
- Back Glide– 10 feet
- Back Glide with flutter kick – 15 feet
- Backstroke – 15 feet
- Rollover front to back and return to standing position without support
- Introduction to treading water in shallow water without support



TURTLES

- Enter water by jumping feet first into chest deep water from side of pool
- Freestyle with side breathing – 15 yards
- Backstroke – 15 yards
- Elementary Backstroke kick – 15 feet
- Arm and leg motions for treading water in deep water without support
- Move in water while wearing a life jacket



OTTERS

- Jump feet first into deep water from the side
- Bob in deep water – 10 times
- Back Float in deep water – 30 seconds
- Treading water – 30 seconds
- Change from vertical to horizontal positions on front and back in deep water
- Swim Freestyle with side breathing – 25 yards
- Swim Backstroke – 25 yards
- Swim Elementary Backstroke – 15 yards
- Demonstrate Dolphin Kick – 15 yards
- Demonstrate Scissor Kick – 15 yards
- Demonstrate Breaststroke Kick – 15 Yards

Optional Skill:

- Dive from the side from a sitting or kneeling position



STINGRAYS

- Swim underwater – 15 feet
- Survival float in deep water – 30 seconds
- Treading water – 2 minutes
- Swim freestyle – 50 yards
- Swim backstroke – 50 yards
- Swim breaststroke – 25 yards
- Swim sidestroke – 25 yards
- Swim elementary backstroke – 25 yards
- Open turn on front
- Open turn on back
- Feet first surface dive

Optional Skill:

- Dive from the side in a compact or stride position



SHARKS

- Treading water – 5 minutes
- Swim freestyle – 100 yards
- Swim backstroke – 75 yards
- Swim breaststroke – 50 yards
- Swim sidestroke – 50 yards
- Swim elementary backstroke – 50 yards
- Swim butterfly – 15 yards
- Flip turn on front
- Flip turn on back
- Tuck and pike surface dives

Optional Skill:

- Dive from side in a standing position

DISTANCE GUIDE

Please use these distances as a reference when reading the descriptions for the learn to swim program:

- 10 feet = approximately 1½ black lines
- 15 feet = approximately 2 black lines
- 15 yards = ¾ across the pool
- 25 yards = 1 lap (all the way across the pool)
- 50 yards = 2 laps
- 75 yards = 3 laps
- 100 yards = 4 laps
- 200 yards = 8 laps
- 500 yards = 20 laps



DOLPHINS

- Swim freestyle – 200 yards
- Swim backstroke – 100 yards
- Swim breaststroke – 50 yards
- Swim sidestroke – 50 yards
- Swim elementary backstroke – 50 yards
- Swim butterfly – 25 yards
- Breaststroke & butterfly open turns
- HELP position – 2 minutes
- Huddle position – 2 minutes
- Surface dive and retrieve object from bottom of pool
- Survival float – 5 minutes
- Back float – 5 minutes
- Swim 500 yards continuously using the strokes in the following order:
 - Freestyle – 100 yards
 - Backstroke – 100 yards
 - Breaststroke – 50 yards
 - Elementary backstroke – 50 yards
 - Sidestroke – 50 yards
 - Choice of stroke – 150 yards

Optional Skills:

- Shallow dive from side of pool
- Competitive start from diving block

Scholarship Program

The City of San Ramon Parks & Community Services Department has developed a scholarship program for San Ramon residents requesting financial assistance to participate in programs and classes. San Ramon residents who meet the qualifications and income requirements, as well as contribute a minimum of \$15 towards each registration fee are eligible to apply. Please review the eligibility criteria and instructions on our website or by calling (925) 973-3200 for more information.

At this time, scholarships are available only to those under 18 years of age. Not all programs or classes are eligible for a scholarship; please visit our website at www.sanramon.ca.gov for an updated list of eligible programs. All applications must be submitted 4 weeks prior to the start of the program.

It is the goal of the City of San Ramon and its Aquatic Staff to offer quality instruction to you and your family. Individuals have diverse backgrounds associated with the aquatic environment. For this reason individuals will progress at different rates. Patience and understanding is a must for everyone learning new skills. Help our swim instructors by always being positive and working with your child(ren) to learn the skills at each level. Please do not hesitate to contact the Aquatic Staff to answer any questions. Thank you for enrolling in the City of San Ramon's Learn-To-Swim Program.