

# Swim Lessons

As part of our commitment to promoting safety in the community, we offer Learn to Swim classes at the Danbury Community Center pool to keep your family safe when enjoying summer fun. Our courses are taught by American Red Cross certified instructors who are trained to make you feel comfortable, no matter your background and experience, while keeping you safe and teaching you to swim. Before you beat the heat at the Danbury Community Center pool or spend the day cruising on Candlewood Lake, make sure you are a confident swimmer with lessons from the DCC!

## Swim Courses by Age

The DCC is proud to announce that we have expanded our swim lesson offerings and now include lessons for all ages, including children as young as 6 months old! Children will be placed in the appropriate class based on age and skill level. All swim lessons offered by the Danbury Community Center are free to eligible children through the DEEP Free Swim Lessons program. For adult, infant, and students not eligible for the program, we partner with [Hudson Valley Swim](#) as a provider.



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The DCC swim lesson age groups are:

**Toddler:** 4 years

**Kinder:** 5 years - 6 years

**Youth:** 7 years - 12 years

**Teen:** 13 years - 17 years

**Adult:** 18 years+

**DEEP: Free Swim Lessons for Kids Program**

Connecticut Institute For Communities and the Danbury Community Center are excited to announce a new partnership with the Connecticut Department of Energy and Environmental Protection (CT DEEP) to provide free swim lessons to eligible children 4 - 17 years old.

**Eligibility Criteria**

All students must be between 4 & 17 years old AND one of the following must be true:

- Eligible recipient of SNAP benefits
- Be recommended by a State Agency or Pupil Service on behalf of a Board of Education
- Live in a Qualified Census Tract (QCT) as determined by the department of Housing and Urban Development (Qualified Census Tracts must have 50 percent of households with incomes below 60 percent of the Area Median Gross Income (AMGI) or have a poverty rate of 25 percent or more)

**Swim Lesson Interest Form & Schedule**

[Swim Lesson Interest Form](#)

**Toddler**

**Course Offerings**

**Toddler and Parent: Children Aged 2 - 4 Years:**

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**Parent and Child Aquatics Completion Goals:**

- Holding and support techniques – demonstrated by the parent
  - Aquatic skills – in Infant and Parent, the child explores with support and in Toddler and Parent, the child demonstrates with support or assistance unless otherwise noted
  - Water safety topics – the parents discuss to show understanding unless otherwise noted
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**Toddler and Parent:**

**Purpose:**

- Improve skills learned in Infant and Parent and teach more advanced skills
- Continue to build on water safety knowledge

## **Prerequisites:**

- Comfort level with skills taught in Infant and Parent
- Children must be 4 years old
- Parent must accompany child to each class

**Kinder**

## **Course Offerings**

### **Kinder Level 1: Basic Aquatic Skills & Safety**

### **Kinder Level 2: Additional skills & Safety**

### **Kinder Level 3: Formal Swimming Strokes & Deep End Training**

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#### **Kinder Level 1:**

##### **Purpose:**

- Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills
- Help participants begin to develop positive attitudes and safe practices in and around water
- Learn how to float, blow bubbles, and swim front crawl

##### **Prerequisites:**

- No skill prerequisites
- Children should be 5 or 6 years old

#### **Kinder Level 2:**

##### **Purpose:**

- Build on and improve skills learned in Kinder Level 1
- Increase knowledge of water safety topics introduced in Kinder Level 1
- Learn how to float independently, swim on back, expand upon skills already learned, and be more comfortable submerging face into water

##### **Prerequisites:**

- Successful demonstration of the kinder level 1 exit skills assessment

- Children should be 5 or 6 years old

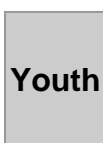
## **Kinder Level 3:**

### **Purpose:**

- Increase proficiency and build on the basic aquatic skills learned in levels 1 and 2
- Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics
- Learn how to swim independently, swim elementary backstroke, swim breaststroke, and jump into deeper water

### **Prerequisites:**

- Successful demonstration of the kinder level 2 exit skills assessment
- Children should be 5 or 6 years old



## **Course Offerings**

### **Youth Level 1: Introduction to Water Skills**

### **Youth Level 2: Fundamental Aquatic Skills**

### **Youth Level 3: Stroke Development**

### **Youth Level 4: Stroke Improvement**

### **Youth Level 5: Stroke Refinement**

### **Youth Level 6: Swimming and Skill Proficiency - Fitness Swimmer**

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## **Youth Level 1: Introduction to Water Skills**

### **Purpose:**

- Orient participants to the aquatic environment and help them gain basic aquatic skills
- Help participants begin to develop positive attitudes and safe practices around water
- Learn how to float, blow bubbles, and swim front crawl

### **Prerequisites:**

- No skill prerequisites
- Participants should be between ages 7-12 years old

## **Youth Level 2: Fundamental Aquatic Skills**

### **Purpose:**

- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1
- Learn how to float independently, swim breaststroke and elementary backstroke, and tread water

### **Prerequisites:**

- Successful demonstration of youth level 1 exit skills assessment
- Participants should be between ages 7-12 years old

## **Youth Level 3: Stroke Development**

### **Purpose:**

- Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment
- Learn how to dive, swim freestyle, backstroke, and expand upon strokes already learned

### **Prerequisites:**

- Successful demonstration of youth level 2 exit skills assessment
- Participants should be between ages 7-12 years old

## **Youth Level 4: Stroke Improvement**

### **Purpose:**

- Improve participants' proficiency in performing the swimming strokes that were introduced in level 3
- Learn how to swim butterfly, sidestroke, and improve upon strokes already learned

### **Prerequisites:**

- Successful demonstration of youth level 3 exit skills assessment
- Participants should be between ages 7-12 years old

## **Youth Level 5: Stroke Refinement**

### **Purpose:**

- Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke)

### **Prerequisites:**

- Successful demonstration of youth level 4 exit skills assessment
- Participants should be aged between 7-12 years old

## **Youth Level 6: Swimming and Skill Proficiency - Fitness Swimmer**

### **Purpose:**

- Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances
- Keep improving strokes already learned

### **Prerequisites:**

- Successful demonstration of youth level 5 skills assessment
- Participants should be aged between 7-12 years old

Teen

### **Course Offerings**

Teen Swim Lessons will be offered in private and smaller group settings

#### **Teen Level 1: Introduction to Swimming and Water Safety**

#### **Teen Level 2: Fundamental Aquatics Skills**

#### **Teen Level 3: Stroke Development**

#### **Teen Level 4: Stroke Improvement**

#### **Teen Level 5: Stroke Refinement**

#### **Teen Level 6: Swimming and Skill Proficiency**

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### **Teen Level 1: Introduction to Swimming and Water Safety**

#### **Purpose:**

- Orient participants to the aquatic environment and help them gain basic aquatic skills
- Help participants begin to develop positive attitudes and safe practices around water
- Learn how to float, blow bubbles, and swim front crawl

#### **Prerequisites:**

- No skill prerequisites

- Participants should be between ages 13 – 17 years old

## **Teen Level 2: Fundamental Aquatic Skills**

### **Purpose:**

- Build on the basic aquatic skills and water safety skills and concepts learned in Level 1
- Learn how to float independently, swim breaststroke and elementary backstroke, and tread water

### **Prerequisites:**

- Successful demonstration of teen level 1 exit skills assessment
- Participants should be between ages 13 – 17 years old

## **Teen Level 3: Stroke Development**

### **Purpose:**

- Build on the skills learned in levels 1 and 2 to help participants achieve basic water competency in a pool environment
- Learn how to dive, swim freestyle, backstroke, and expand upon strokes already learned

### **Prerequisites:**

- Successful demonstration of youth level 2 exit skills assessment
- Participants should be between ages 13 – 17 years old

## **Teen Level 4: Stroke Improvement**

### **Purpose:**

- Improve participants' proficiency in performing the swimming strokes that were introduced in level 3
- Learn how to swim butterfly, sidestroke, and improve upon strokes already learned

### **Prerequisites:**

- Successful demonstration of youth level 3 exit skills assessment
- Participants should be between ages 13 – 17 years old

## **Teen Level 5: Stroke Refinement**

### **Purpose:**

- Help participants refine their performance of all six swimming strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke)

**Prerequisites:**

- Successful demonstration of youth level 4 exit skills assessment
- Participants should be between ages 13 - 17 years old

**Teen Level 6: Swimming and Skill Proficiency****Purpose:**

- Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances
- Keep improving strokes already learned

**Prerequisites:**

- Successful demonstration of youth level 5 skills assessment
- Participants should be between ages 13 - 17 years old