Village of Hastings on Hudson
Recreation Department

Preschool Aquatics

Children ages 3 – 5 years old learn water safety, survival skills and foundational swimming concepts in a safe and fun environment.

Level 1: Helps children become comfortable in the water with basic water safety.

Level 2: Builds on Level 1 and introduces fundamental skills.

Level 3: Builds on Level 1 & 2. Focuses on coordinating arm and leg movements as well as improving skills.

Learn to Swim

Our five-level Learn to Swim program is designed for children over 6 years old. Each level includes training in basic water safety and helping other in an emergency, in addition to stroke development.

Level 1: Introduction to Water Skills – Helps participants feel comfortable in the water. Skills learned include: enter & exit water using side, ladder & steps), Blowing bubbles (nose and mouth), bobbing, opening eyes under water retrieving objects, front and back glides, back float, recover to vertical position, roll from front to back and back to front, tread water using arm and hand action, alternating and simultaneous arm and leg action (front & back).

Level 2: Fundamental Aquatic Skills – Gives participants success with the fundamental skills: Skills learned include: enter water by stepping or jumping, exit water (ladder steps & side), fully submerge holding breath, bobbing, front jellyfish and tuck floats, front and back glides and back float, recover to vertical, roll over from front to back and back to front, change direction of travel while swimming on front and back, treading water using arm and leg actions, combined arm and leg action on front and back, finning on back.

Level 3: Stroke Development – Builds on skills with practice in deeper water. Skills learned include: enter by jumping in, head first entry (sitting & kneeling), bobbing to safety, rotary breathing, survival float, back float, change from vertical to horizontal positions (front & back), tread water, flutter, dolphin, and scissors kicks, front crawl & elementary back strokes.

Level 4: Stroke Improvement – Develops confidence and improves skills. Skills learned include: headfirst entries from side in compact and stride positions, swim under water, feet first surface dive, survival swimming, front crawl and backstroke open turns, tread water using 2 different kicks, front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly, flutter and dolphin kicks on back.

Stroke & Turn – Provides further coordination and refinement of strokes. Skills learned include: shallow-angle dive from the side, tread water, tuck and pike surface dives, submerge completely, front flip turn and backstroke flip turn while swimming, front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly, and standard scull.