Learn-to-Swim Program
PADDLE LIKE A PANTHER
Camp Adventure™ Youth Services offers a full line of school-age and youth services programs directed primarily toward U.S military installations, US embassies, corporate clubs and associations. We provides high-quality, high-impact programs and services for children and youth. An educationally based, service-learning program Camp Adventure™ Youth Services encourages excellence, global awareness, cultural sensitivity, diversity and inclusion.

Camp Adventure™ Youth Services programs are especially designed to meet the unique needs of each community. Our trademarked programs include day camps, resident camps, aquatics programs, dance pursuits, Kindercamp, teen programs, Outdoor Rangers, sport camps, Panther Cub Camps, Adventure Plus™ and specialty programs.

During peak months of operation, the sun never sets on the Camp Adventure™ Youth Services program. Operating throughout the world, the program is in action 24 hours around the clock. The program has been successfully implemented in Argentina, Bahrain, Belgium, Denmark, Germany, Greece, Hong Kong, Iceland, Italy, Japan, Korea, Kuwait, Macau, Netherlands, Norway, The People’s Republic of China, Russia, Spain, Taiwan, Turkey, United Kingdom, and the United States.
The Camp Adventure™ Youth Services Learn-To-Swim program is especially designed toward providing a progressive set of instructional classes dedicated to improving the participant’s aquatics skills and knowledge of safety procedures in and around aquatic environments. Aquatics instruction not only provides individuals with an opportunity to participate in water environments in a safe manner, but also allow access to an endless number of enjoyable water oriented leisure experiences such as wind surfing, scuba diving, boating, sailing, water skiing, surfing and recreational swimming.

Primary objectives of Camp Adventure™ Youth Services Learn-to-Swim program:

- To educate participants of the importance of water safety awareness and implement practices in daily experiences.
- To teach beginning swimming skills, as well as, provide instruction at all ability levels.
- To provide an atmosphere of fun and enjoyment.
- To promote active involvement and socialization within the participants in the program.
- To teach aquatic skills which will serve as a base for further expansion of skills in other various aquatics activities.
The Camp Adventure™ Youth Services Learn-To-Swim program is unique in its approach to teaching aquatic skills by incorporating aspects of a day camp program which create a more stimulating, enjoyable and learning environment. Our emphasis will be to build a safe and positive learning environment where participants can learn and as a result, enjoy their aquatic experiences. The following instructional levels are offered by the Camp Adventure™ Youth Services aquatic staff. These are consistent with the American Red Cross standards.

**Parent/Toddler**
This level offers many rewarding activities for the infant and the parent in a nurturing atmosphere. The course emphasizes water adjustment, basic water safety and self-help skill. Also, the parent will learn skills in acclimating their children to the water, and the child will attain a higher level of trust with the parent.

**Preschool**
This program allows more individual skill development for the children. The instructor will be assisting the child in the specific techniques and then allow for individual progress. Floating, gliding and underwater exploration are emphasized.

**Adult Swimmer**
This level follows the American Red Cross standards for various instructional programs and is highly flexible. Most adults learn more quickly than children and therefore are taught a variety of skills. This level is targeted for the adult population which is characterized as anyone 19 years of age or older, but this does not limit the class to only those over 19 years.
The Camp Adventure™
Youth Services
Learn-to-Swim program
allows participants
to have fun in an aquatics
environment while developing
swimming and water
safety skills.

**Level I: Water Exploration**
Effort is placed on making the participants feel comfortable and safe in and around the water. The children will learn fundamental aquatic skills to build upon as they progress. They will learn the importance of developing a good attitude and safe practices in and around water.

**Level II: Primary Skills**
The level two course allows the participant to learn to float unsupported. In addition, the children learn movements of the arms and legs.

**Level III: Stroke Readiness**
Coordination of front and back crawl is taught at this level. Elementary backstroke will be introduced as well as the fundamentals of treading water. At this level, children will learn the rules of diving and begin to learn to dive from the side of the pool.

**Level IV: Stroke Development**
The Level IV course continues improvement of the elementary backstroke, front crawl and back crawl. Breaststroke, sidestroke, and the basics of turning at a wall will be introduced. Participants will increase aquatic abilities in a progressive session approach.

**Level V: Stroke Refinement**
In the Stroke Refinement level, swimmers are introduced to the butterfly, open turns, the feet-first surface dive and springboard diving (if diving board is available). Endurance for front and back crawl will be improved in this level.

**Level VI: Skill Proficiency**
At this level, the students continue to master the strokes with more ease, efficiency, power and smoothness over greater distances than in previous levels. Endurance will be the main focus. Additional turns, as well as two more surface dives, the pike and tuck, will be taught.

**Level VII: Advanced Skills**
Perfection of strokes and development of good fitness habits are the main objectives in this final level. Advanced rescue skill and springboard diving will be taught. This course can be customized according to participants’ objectives.

**Competitive Swimming Skills Development**
This class teaches more competitive swimming skills and theories used in training and competition.
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