



SWIM LEVEL GUIDE

If you are uncertain of your child's ability level, please use the following as a guideline (i.e. if your child can complete all of the skills in a level, they should be signed up for the next level class).

Parent & Child:

Children ages 6mo-2.5yrs. Will build basic water safety skills for both parents and children. Skills such as water adjustment, blowing bubbles, floating and safety will be taught in a fun way with a variety of games and songs suited for kids this age.

Preschool Aquatics:

This class is designed for children who have had limited water experience or feel apprehensive about the water environment. We focus on introductory water skills such as floating, locomotion, and breath control to help children feel comfortable in the water and enjoy the water safely.

Level 1 - Intro to Water Skills:

Class is designed for beginner students who have been exposed to the water. Students will learn same skills as Preschool Aquatics and will include introduction of arm stroke on front and back.

Level 2 - Fundamental Aquatic Skills

Designed for students who feel comfortable in the water & able to move about independently. Fundamentals of strokes such as front crawl & back crawl as well as deeper water exploration are introduced here.

Level 3 - Stroke Development:

Emphasis will be placed on refining front crawl with side breathing & back crawl. Students will learn basic skills for the elementary backstroke, dives, & new safety skills.

Level 4 - Stroke Improvement:

Students should feel comfortable swimming front crawl with side breathing 25 yards. Further emphasis is placed on refining strokes already introduced in previous levels & will include the introduction of new strokes such as breaststroke, butterfly, and sidestroke.

Level 5 - Stroke Refinement:

Concentrated efforts are placed on refinement of the front crawl, back crawl, elementary backstroke, breaststroke, butterfly & sidestroke. Here we add additional safety skills, longer distance swimming & open turns. Students must be able to swim several continuous lengths of the pool.

Level 6 - Swimming & Skill Proficiency:

Objective is learning to swim all strokes with ease, efficiency and power over greater distances: front crawl, back crawl, elementary backstroke, breaststroke, sidestroke, & butterfly. More turns are introduced as well as additional dives. Swimming endurance is heavily emphasized.