



Swim Lesson Program Levels

Baby and Toddler Classes (Ages 6mo – 3 years)

Parent & Child: (6months – 2.5 years) 30 Minute Class

Introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support them and how to prepare and encourage them to participate fully in the class. Caregiver accompanies child in the water. (Swim Diapers required)

Guppies (Same as old Readiness w/Parent: 2.5 – through 3 years) 30 Minute Class

This class is for children who have taken a Parent & Child class and are ready to progress their skills to the next level. Children are afforded more freedom to participate in the class without being held, but still within arm's reach of their caregiver. Emphasis on buoyancy, breath control, kicking, scooping and gaining more confidence while still having fun! (Swim Diapers required)

Preschool Classes Ages (4 & 5)

Starfish (Same as old Preschool 1: 4 – 5-year-olds) 30 Minute Class

This class introduces basic aquatic skills that children continue to build upon as they progress through the levels of Preschool Aquatics and The Learn-to-Swim Program. In addition, children start to develop a positive attitude and safe practices around the water. This class is designed for children who may feel nervous or may have not had much experience in the water. Swimmers are given as much support as they need for all skills.

Minnows (Same as old Preschool 2: 4 – 5-year-olds) 30 Minute Class

Preschool 2 further develops basic aquatic skills. Swimmers begin to perform some skills at a slightly more advanced level. (i.e., with less and less support) Swimmers will continue to use simultaneous, as well as alternating, arm and leg movements on the

front and back in order to gain more proficiency in preparation for learning formal strokes. Children should be fairly comfortable in the water for this class. They should have good listening skills and work well in a group setting. They will be given as much support as they need for all skills

Dolphins (Same as old Preschool 3 4-5-year-olds) 30 Minute Class

Preschool 3 increases swimmers' proficiency in performing previously learned skills. Ideally children will have completed a preschool 2 class or would be evaluated by an instructor before entering this class. In this class, swimmers improve their coordination and control of simultaneous arm and leg action and alternating arm and leg action. Children in this level will start to gain the confidence to be able to swim on their own, without any support. *Prerequisites: School Age Classes (Ages 6-14)

Beginner (same as old Level 1)

This class is for children who may not be comfortable in and around the water. These children are hesitant to get their faces wet or to go under water. Swimmers will be taught basic water skills such as submerging, floating and gliding.

Advanced Beginner (same as old Level 2)

This class is for swimmers who are ready to start swimming independently. These swimmers must be comfortable going under water and getting their faces wet.

Swimmers must be able to consistently do some skills independently.

Emphasis will be put on streamline glides on both the front and the back and swimmers will learn the dolphin kick.

Intermediate (same as old level 3)

This class is for swimmers ready to begin swimming further distances and who are ready to begin learning how to breathe while swimming. Skills in this level include rotary breathing while swimming freestyle. Breaststroke arms and legs will be introduced independently of each other, and the butterfly arms will be introduced.

Advanced (same as old levels 4, 5 & 6)

This class is for swimmers perfecting their strokes. Swimmers will learn to put the breaststroke arms & legs together and add breathing to the stroke.

Swimmers will learn to put the butterfly arms & legs together and add breathing to the stroke. Swimmers will build endurance and swim 50 yards of both freestyle and backstroke.

