

## SWIM LESSON CLASS DESCRIPTIONS:

### Parent / Tot

Ages 6 months – 3 years

This class requires an adult in the water with the child. Adults are taught techniques and positions to enhance the child's comfort level in the water. Basics include water adjustment, body positions, and breath control. This class introduces infants and young children to aquatics with a parental presence in the water. *NOTE: This is a water acclimation class, not a swimming lesson. Max Class Size of 5-8.*

### Level 1 • Introduction to Water Skills

Ages 3 – 5 years (5 students per class)

Students are non-swimmers who will work on learning elementary skills and feeling comfortable in the water. They will practice breath control, fully submerging and retrieving underwater objects. The student must be able to enter the water and participate without parental assistance. *Max Class Size of 5.*

### Level 2 • Fundamental Aquatic Skills

Ages 3 – 5 years (5 students per class)

Students are beginning swimmers who will practice fundamental skills including floating without support and introduction to arm and leg actions on front and on back. *Max Class Size of 5.*

### Level 3 • Stroke Development

Ages 4 – 7 years (6 students per class)

Level 3 students can swim 5-10 feet without assistance of any kind. In this class they will build on skills learned in level 2. The main objectives are coordination of the front and back crawl, introduction to butterfly, treading water and diving from the side. *Max Class Size of 5.*

### Level 4 • Stroke Improvement

Ages 7 & up (8 students per class)

Participants must be able to swim one lap without help. The primary goals are to improve basic stroke mechanics and build endurance by swimming full laps of front and back crawl. Students will also continue to work on butterfly skills and review backstroke, breaststroke and sidestroke. *Max Class Size of 8.*

### Level 5 • Fundamental Aquatic Skills

Ages 7 & up (8 students per class)

This class focuses on proficiency in all strokes. Fine tuning for efficiency and working up to swimming multiple laps for distance make up the fundamentals of level 5. Flip turns and starts will also be introduced. *Max Class Size of 8.*

Class Descriptions are guides to find the best fit class for specific levels. Instructors can move individuals to a higher or lower level based on their swim capabilities.