



Swim Lessons

Class	Ages	Skills Covered in each Class
Parent - Tot	3mo.-3 Yrs.	How to enter/exit the water safely, submerge, explore buoyancy, change body position, and perform a combined stroke on front and back. Parents will learn techniques to work with their child.
Preschool 1	3-5 Yrs.	Entering water independently, submerging to mouth and blowing bubbles for at least 3 seconds, glide on front for 2 body lengths, and float on back for 3 seconds.
Preschool 2	3-5 Yrs.	Gliding on front/back for at least 2 body lengths. Float on back for 10-15 seconds. Swim using combined arm and leg actions on front for 3 body lengths.
Preschool 3	3-5 Yrs.	Stepping into chest-deep water, treading or floating for approximately 15 seconds, combined arm/leg actions on front for 5 body lengths.
Level 1	6+ Yrs.	Blowing bubbles, retrieving objects from the bottom of the pool, supported front/back float and introduction to alternating/simultaneous arm and leg action.
Level 2	6+ Yrs.	Floating on front/back without support, combine arm/leg actions on front/back without support, introduction to treading water and swimming on side.
Level 3	6+ Yrs.	Swimmers are introduced to gliding on front and back, diving, butterfly body motion and kick and rotary breathing while improving their front/back crawl.
Level 4	6+ Yrs.	Swimmers will learn the butterfly, breaststroke, elementary backstroke and sidestroke. They will also improve their treading water capabilities and learn the feet first surface dive.
Level 5	6+ Yrs.	Swimmers are introduced to flip turns for both their front and back crawl, pike and tuck surface dives and improving their stroke technique.