

Swimming Lessons Descriptions

Adult Infant/Tot: (Ages 6 months – 3 years)

Helps the child become comfortable in the water to develop enjoyment of the water and to help parents learn about water safety for infants and toddlers.

Preschool: (Ages 3 years – 4 years)

This class assists children in making a transition from being in the water with a parent to being in the water with an instructor.

Level One: (Ages 5 years & up)

Helps student to become comfortable in the water while learning about water safety and different water skills. Students will learn to float on their front and back with kicking and also gain confidence submerging their face under water. Open eyes under water, treading using arm and hand actions,

Level Two: (Ages 5 years & up)

Students are presented fundamental swimming skills. The front and back strokes will be taught with assistance and students will begin to retrieve objects from the bottom of the pool. Will learn to float, change direction of travel while swimming on front or back, combined arm and leg actions on back.

Level Three: (Ages 5 years & up)

Skills acquired in Level Two will be enhanced with additional guided practice. Student will begin to perfect their front and back strokes, rotary breathing, headfirst entry from the side in a sitting and kneeling position, back float and tread water for 30 seconds and will be introduced to the elementary back stroke.

Level Four: (Ages 5 years & up)

Aquatic skills and strokes are emphasized with the student beginning to build stroke endurance. The breast stroke, sidestroke and butterfly are introduced along with an introduction to diving.

Level Five: (Ages 5 years & up)

Coordination and refinement of swim strokes continue in Level Five. Students will build on previous Level stroke skills and be introduced to different diving techniques.

Level Six: (Ages 5 years & up)

The introduction of advance swimming skills begins at Level Six (example: butterfly kick and flip turns). The swimming will gain further confidence and endurance with their strokes; students will swim many laps during this class.