

Swimming Lesson Descriptions

Parent & Child

6 month-2 years. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills and water safety concepts.

<p>Preschool Aquatics* 3 years – 5 years and had one or more previous sessions of water adjustment lessons. Elementary aquatic skills, developing good attitudes and safe practices around water are stressed. * Formally Child B without parent</p>	<p>Level 1 5 years and older. Various swimming and safety skills will be taught with support. Activities will allow the swimmer to roll over from front to back and back to front and recover to a vertical position. To pass this level the participant must blow bubbles through the mouth and nose for 3 seconds and glide on front at least two body lengths. They must pass level 1 to advance to level 2.</p>	<p>Level 2 5 years and older. This class gives participants success with fundamental swimming and additional safety skills. Floating without support, breath control, simultaneous and alternating arm and leg actions and changing direction will be taught. To pass this level participants must swim using combined arm and leg actions for 15 feet on front and back. They must pass level 2 to advance to level 3.</p>	<p>Level 3 6 years and older. This is for participants to build on previously learned skills. Treading water and elementary backstroke will be taught. Requirements to pass this class include swimming crawl stroke 15 yds with side breathing. They must pass level 3 to advance to level 4.</p>
<p>Level 4 6 years and older. This class is for the swimmer who is improving their skills and increasing their endurance. Requirements to pass this class include front crawl (25 yds), back crawl (15 yds), elementary back (25 yds), butterfly (15 yds), breaststroke (15 yds), and scissor kick (15yds). Must pass level 4 to advance to level 5.</p>	<p>Level 5 6 years and older. This class is for the swimmer who needs further coordination and refinement of strokes. Various swimming, diving and safety skills will be taught. Requirements to pass this class are to swim front crawl (50 yds), elementary backstroke (50 yds), back crawl (25 yds), breaststroke (25 yds), butterfly (25 yds), sidestroke (25 yds) and tread water for 5 minutes. Must pass level 5 to advance to level 6.</p>		<p>Level 6 6 years and older. Participants are offered one of three options: Fitness Swimmer, Fundamentals of Diving, and Personal Water Safety. To pass this level you must complete the requirements for the option you are participating in. This level may be repeated to focus on different goals each time.</p>