

# Swim Class Descriptions

## WATER BABIES

For infants 6 months-2 years. Parent must accompany child throughout the duration of the class. The goal of the class is to introduce children to the aquatic and group setting while introducing basic water skills and safety through songs and play.

## AQUA TOTS

For 2-4-year-olds. Parent must accompany child throughout the duration of the class. This class is designed to promote the child's confidence and self awareness in the water, while developing basic water skills and working to have the child swim and learn independently with the instructor.

## PRESCHOOL GUPPIES

This class is for children who are ready for a class without a parent in the water, but are not quite ready for the intensity of the Level System classes. Focus is on water adjustment and confidence as well as basic aquatic skills and safety. Many skills will be presented so that each child can feel successful.

## PRESCHOOL DOLPHINS

Children should feel comfortable in the water with basic aquatic skills, and will experiment with blowing bubbles, putting their face in the water, and moving their arms and legs to move across the water on their front and back, as well as a discussion on how to be safe in and around the water. With successful completion of this class, some students may be ready for Level 2.

## LEVEL ONE

This level is designed for beginners. The objective of this course is to help beginner swimmers gain confidence, learn basic skills, and understand water safety. Students will focus on basic water skills, such as submerging their face, floating assisted, and entering and exiting the water safely.

## LEVEL TWO

Open to anyone ages 5 years and up. Swimmers in this level will build on basic water skills while beginning to develop their simultaneous arm movement and alternating arm/leg action. Swimmers will also work on front and back floats unassisted.

## LEVEL THREE

Open to anyone ages 5 years and up. Swimmers will build on the skills taught in Level 2. Students will learn how to better coordinate their front and back crawl and use rotational (rhythmic) breathing. The fundamentals of treading water and diving are introduced in this level.

## LEVEL FOUR

Open to anyone ages 5 years and up. Swimmers must have completed Level 3 or be able to demonstrate all Level 3 skills. Students will improve and increase skills learned in Level 3 such as rotational breathing with front crawl for greater lengths and perfecting diving. Skills taught include breaststroke; introduce swimming on side with scissors kick.

## LEVEL FIVE

Open to anyone ages 5 years and up. Swimmers must have completed Level 4 or be able to demonstrate all skills required to graduate from Level 4. The objectives of this level are coordination and refinement. Swimmers will increase stamina and endurance while working to perfect all performance strokes (front and back crawl, butterfly, breast stroke, elementary backstroke and sidestroke.)

## LEVEL SIX

Swimmers must have completed Level 5 or be able to demonstrate skills to graduate from Level 5. Swimming with more ease, efficiency, power and smoothness over greater distances is the goal. This class works to prepare students to participate in more advanced courses such as Water Safety Instructor, Lifeguard Training and other aquatic activities such as competitive swimming.

## ADULT LESSONS

Open to anyone 16 years or older who wants to learn how to swim, improve swimming strokes or learn new skills. The instructor will work with each participant on an individual basis to meet the goals of each student and will determine whether the adult participating is a beginner, intermediate or advanced swimmer. All ability levels are welcome.