

Parent/Child Class Levels

LEVEL	CLASS SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
Parent/Child 1	12 Max	<p>Ages 6m - 18 months years</p> <p>At least one adult must attend.</p>	<p>Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun</p>
Parent/Child 2	12 Max	<p>Ages 18m - 3 years</p> <p>At least one adult must attend.</p>	<p>Holding and support techniques, safety cues, entering /exiting the water, water adjustment, submerging, submerging in a rhythmic pattern, breath control, exploring buoyancy on front & back, changing directions, gliding on front & back with assistance, swimming on front and back, wearing life jackets & basic water safety. Socialization, enjoyment of the water and fun</p>

Preschool Swim Classes

LEVEL	CLASS SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
Preschool 1	5 Max	<p>Ages 4 and 5 w/o parent</p> <p>No Previous Skills Needed</p>	<p>Enter & exit water safely, Breath control & submerging, bubble blowing, front glide & recovery, back glide & back float & recovery, changing directions, treading water arm & hand action, alternate & simultaneous arm and leg actions on front and back and personal & general water safety skills.</p>
Preschool 2	5 Max	<p>Ages 4 and 5 w/o parent</p> <p>Prerequisite: Able to demonstrate all Preschool 1 skills.</p>	<p>Enter & exit water safely, breath control & submerging, bubble blowing, bobbing, retrieval of underwater objects, front glide, front float & recovery, back glide, back float & recovery, changing directions and positions, treading (5 sec) arm & leg actions in shallow water, combined arm and leg actions on front and back, finning arm actions on back, self help & water safety skills. Exit skills assessment.</p>

Preschool 3

5 Max

Ages 4 and 5 w/o
parent

Prerequisite:
Able to
demonstrate all
Preschool 2 skills

Jumping in water safely, fully submerging & holding breath, bobbing with wall for support, front float, jellyfish float, tuck float & recovery, back glide, back float & recovery, changing directions and positions, treading in shoulder deep water (15 sec), combined arm and leg actions on front and back, finning arm actions on back, water safety skills. Exit skills assessment.

Learn-to-Swim Youth Class Levels

LEVELS	SIZE	Prerequisites	SKILLS TAUGHT IN CLASS
<p>Level 1</p> <p>Intro to Water Skills</p>	6	<p>For Students Ages 6 & up</p> <p>No skills required</p>	<p>Enter/exit the water safely, submerging, bubble blowing through mouth & nose, object recovery, front glide & recovery, back glide, back float and recovery, treading arm & leg actions, alternate & alternating arm and leg actions & combined stroke on front and back at least 2 body lengths each. Discuss & demonstrate water safety skills.</p>
<p>Level 2</p> <p>Fundamental Aquatic Skills</p>	6	<p>Students Ages 6 & up</p> <p>Able to demonstrate all Preschool 2 or Level 1 skills.</p>	<p>Jumping or stepping from the side, exit water safely, fully submerge, bobbing, object recovery, front float, tuck float, jellyfish float, front glide, front float or glide & recovery to standing, back glide, back float & recovery to standing, changing directions & body position, treading arm & leg actions in shoulder deep water, combined strokes on front & back for at least 5 body lengths, personal & water safety skills</p>
<p>Level 3</p> <p>Stroke Development</p>	6	<p>Students Ages 6 & up. Able to demonstrate all preschool 3 or Level 2 skills.</p>	<p>Deep water skills, jumping into deep water from the side, sitting & kneeling dives, rotary breathing, bobbing while moving to safety, survival floating, back float in deep water. changing directions in deep water, treading water in deep water, dolphin kicking on front, 1 length front crawl, 1 length elementary backstroke, scissors kick, water safety skills.</p>

<p>Level 4 Stroke Improvement</p>	6	<p>Able to demonstrate all Level 3 skills.</p>	<p>Deep water bobbing, buoyancy & floating positions in deep water, compact & standing dives, survival float, open turns on front & back, front crawl, elementary backstroke, back crawl, butterfly & sidestroke, pushing off in streamlined position, swimming underwater, feet first surface dives, treading water using different kicks, general & personal safety.</p>
<p>Level 5 Stroke Refinement</p>	6	<p>Able to demonstrate all Level 4B skills.</p>	<p>Shallow-angle tuck surface dives, pike surface dives, front flip turns, back flip turns, treading water for 5 minutes, front crawl & elementary backstroke - 50 meters, breaststroke, butterfly, backstroke & sidestroke - 25 meters, sculling - 30 seconds, water safety.</p>
<p>Level 6 Swimming and Skills Proficiency (Fitness Swimmer)</p>	6	<p>Able to demonstrate all Level 5 skills.</p>	<p>Level 6A goal is to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. Cooper 12-minute swim test at beginning & end of class. Front crawl & elementary backstroke - 100 meters, back crawl, breaststroke, sidestroke, and butterfly - 50 meters. Open turns, flip turns, circle swimming, using a pace clock, swimming w/pull-buoys, fins & paddles, setting up an exercise program, training techniques, target heart rates, & aquatic exercise, HELP & Huddle positions, feet first & headfirst surface dives, back float, survival float, and survival swimming, treading water w/o arms, surface dives in 7-10 feet, water safety skills.</p>

LEVELS	SIZE	Prerequisite	SKILLS TAUGHT IN CLASS
Intro to Swim Team <u>Seals</u>	8	Ability to Demonstrate all Level 5 Skills Age 6-10	Students will perfect their Front Crawl, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.
Intro to Swim Team <u>Sharks</u> <u>Beginner</u>	8	Ability to Demonstrate all Level 5 Skills Age 11-17	Students will perfect their Front Crawl, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.
Intro to Swim Team <u>Sharks</u> <u>Advanced</u>	8	Ability to Demonstrate all Level 5 Skills Age 11-17	Designed for students that have been on swim team or would like more endurance. Students will perfect their Front Crawl, Backstroke, Breaststroke, Sidestroke, Elementary Backstroke, Butterfly, starts & turns. Swimmers will also work on stroke efficiency and endurance.

Learn-to-Swim Youth Class Levels

LEVELS	SIZE	Prerequisite	SKILLS TAUGHT IN CLASS
Private	1	Ages 4 to adult	This class is learner based. The instructor will tailor the class to the student's needs.
Teen/Adult Class <u>Beginner</u>	6	Must be 14 or older	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for beginner swimmers or people who are afraid of the water.
Teen/Adult Class <u>Intermediate</u>	6	Must be 14 or older	The front crawl, back crawl, breaststroke, side stroke and elementary backstroke will be worked on in this class. This course is designed for swimmers who are not afraid of the water and would like to learn more about the different strokes
Teen/Adult Class <u>Advanced</u>	6	Must be 14 or older	The front crawl, back crawl, breaststroke, sidestroke and elementary backstroke will be worked on in this class. This course is designed for swimmers who would like to work on stroke technique and endurance