

Swim Lesson Level Descriptions

Parent Child

Children 6 mo – 3 years. In this class, parents are taught to safely work with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that will lay a foundation to help them learn to swim.

Preschool Level 1

Children 3 – 5 years who have never had any water experience before. In this level, the most basic skills are taught. Participants will have the support of the instructor in exploring and learning movement in the water.

Preschool Level 2

Children 3 – 5 years. To enroll in this class, participants need to have either completed Pre 1, or be comfortable putting their head underneath the water. In this level participants will begin to explore the water on their own and continue learning the basic skills.

Level 1

Children 5 – 9 years of age who have never had any water experience before. Participants in this level will learn basic water safety and skills to help them feel comfortable and enjoy water.

Level 2

Children 5 – 9 years of age. To enroll in this class, participants need to have completed level 1 or be comfortable floating on both their back and front with support. In this level, the skills of water safety are further developed at a more advanced level. Participants are learning to perform these skills alone.

Level 3 – Stroke Development

Children 6 – 10 years of age. To enroll in this class, participants need to have completed the previous levels or be comfortable floating on the back and front by themselves. They also need to be able to swim on the front without support. In this level, participant will learn 2 strokes as well as learning new ways to kick. They will begin to explore moving and swimming in deep water.

Level 4 – Stroke Improvement

Children 6 and up. To enroll in this class, participants need to have completed the previous levels or be comfortable swimming both the front crawl and the elementary backstroke. In this level, participants will continue to work on strokes. All the different swimming strokes will be introduced as well as learning to turn at the wall. Participants will also begin to increase their endurance.

Level 5/6 – Stroke Refinement

(Children 6 and up) This class is for the swimmer who needs to refine the advanced strokes and improve their swim practice. Various swimming, diving, and safety skills will be taught. Some of the requirements to pass this class may include, but not limited to swimming the following strokes in distances of 25-50 yards: front crawl, back crawl, breaststroke, and butterfly. Participants will gain endurance and learn how to do flip-turns at the wall.