

Parent / Child Levels

Parent / child 1 (ages 6 - 18 months) and Parent / child 2 (ages 18 months - 3 years)

These are both pre-swimming classes where the parent is in the water with the child! Games, songs and structured activities help the child adjust to the water. This is a great class to spend one-on-one time with your child.

Preschool Levels (ages 3-5 without parent)

Tadpole: this class is for children with "little or no" water experience. Introduces basic swim skills, kicking and hand paddling through games and songs. To pass child must enjoy submerging head and jump in on own.

Starfish: for children who completely submerge and enjoy it. Will work on floats, jumping, submerging and swimming short distances. To pass must float on own without support and swim five feet.

Minnow: for children who can front and back float unsupported. Introduction of paddle stroke and rhythmic breathing. Will work on swimming independently on front and back.

School-Age Levels (ages 5-up)

Level 1: Intro to Water

Purpose: To help students feel comfortable in the water.

Major Skills: Independent floating on front and back

Level 2: Fundamental Skills

Purpose: To help students work on fundamental skills such as floats, glides, treading water, swimming on front and back.

Major Skills: Swim 15 feet on front and back while using arm / leg motion

Level 3: Stroke Development

Purpose: To build on skills learned in level 2 as well as learn front and back crawl, elementary backstroke and dives.

Major Skills: Swim 15 yards of front / back crawl and elementary backstroke.

Level 4: Stroke Improvement

Purpose: To develop confidence in skills and learn new strokes.

Major Skills: Swim 25 yards of front / back crawl and elementary backstroke, 15 yards of breaststroke and sidestroke.

Level 5: Stroke Refinement

Purpose: To provide refinement and coordination of strokes.

Major Skills: Swim 50 yards of front / back crawl and elementary backstroke, 25 yards of breaststroke and sidestroke.

Level 6: Designed for those who wish to pursue swimming as a fitness swimmer whether on a swim team / club or as a lifeguard in his / her future! This class is optional in this swim program.

Purpose: To refine strokes so students can swim with ease, power and efficiency over great distances.

Major skills: Swim 500 yards continuously using 3 strokes.