

# Parent and Child 1: Floating and Splashing

Ages: 6 months - 3 years

This class is designed for children under 3 years old who have no water experience or are fearful of entering the water without a parent. It is a gentle introduction to the water and how to support your child in their swimming development.

By the end of the session, your child will work on:

- Floating on front with support
- Floating on back with support
- Kicking on front and back
- Moving arms on front and back
- Blowing bubbles through mouth
- Entering the water safely
- Submerging underwater safely

# Parent and Child 2: Beginning to Swim

This class is designed for any child who is unable to get into the water without an adult. The swimmer should be able to follow along with the instructions given by the instructor.

By the end of the session, your child will work on:

- Floating on front and Back
- Swimming on front and back while alternating hands and feet
- Kicking on front and back with kickboard and noodle
- Blowing bubbles
- Jumping in and entering the water safely
- Using noodles, kickboards, and bubble belts.

# Pre-School Level 1

Age: 3-5 years old

This class is for brand new swimmers who are fearful or hesitant of the water. The child must be comfortable in the water without a parent. Swimmers do not need any prior experience swimming.

By the end of the session, your child will work on the following skills with **support**:

- Entering and exiting the water safely using stairs, ladder, or side
- Blow bubbles

- Submerge mouth, nose, and eyes
- Retrieve an object in shallow water
- Front and back glides, 2 body lengths
- Recover from glides to a vertical body position
- Floating on front and back, 3 seconds
- Roll from front to back and back to front
- Trending water in shallow water
- Kicking on front and back
- Swimming on front and Back

## Pre School Level 2

Age: 3-5 years old

Before a student is signed up for this class, they should be able to:

- Submerge fully underwater without plugging nose
- Float front and back with support
- Be able to enter water safely, travel 5 feet in the water with support, and then exit the water safely.

By the end of the session, your child will work on the following skills with **assistance**:

- Entering and exiting the water safely from the deck
- Bobbing 5 times while blowing nose bubbles
- Retrieve an object in shallow water
- Front and back glides, 2 body lengths
- Recover from glides to a vertical body position
- Floating on front and back, 5 seconds
- Roll from front to back and back to front
- Trending water in shallow water for 15 seconds
- Kicking on front and back
- Swimming on front and Back

## Preschool Level 3

Ages: 3-5 years old

Before a student is signed up for this class, they should be able to:

- Swim independently for 3 body lengths
- Submerge fully without plugging nose
- Float on front and back and can recover to a standing position with minimal assistance

By the end of the session, your child will work on the following skills **Independently**:

- Entering and exiting the water safely from the deck
- Fully submerge and hold breath
- Bobbing in chest deep water

- Breathing to both sides when swimming
- Float in the following positions:
  - Front float
  - Jellyfish float
  - Tuck float
  - Back float
- Recover from floats to a vertical position
- Front and back glides, 3 body lengths
- Recover from glides to a vertical body position
- Changing directions while swimming
- Trending water in shallow water for 30 seconds
- Kicking on front and back
- Swimming on front and Back

## Level 1 Beginner

Ages 5-12

No previous swimming skills are needed for this class. This class is designed for the brand new swimmer or swimmers who may be fearful of the water, but are able to enter the pool without a parent

By the end of the session, your child will work on the following skills with assistance:

- Entering and exiting the water safely using stairs, ladder, or side
- Blow bubbles
- Submerge mouth, nose, and eyes
- Retrieve an object in shallow water
- Front and back glides, 2 body lengths
- Recover from glides to a vertical body position
- Floating on front and back, 3 seconds
- Roll from front to back and back to front
- Trending water in shallow water
- Kicking on front and back
- Swimming on front and Back for half the length of the pool

## Level 2

Ages 5-12

This class is to continue building swimmers' ability to be safe and comfortable in the water.

Before signing up your swimmer should be able to:

- Swim independently on front and back for half the length of the pool
- Submerge fully without plugging nose
- Be comfortable in deep water

By the end of the session, your child will work on the following skills **Independently**:

- Entering and exiting the water safely from the deck, including jumping into deep end
- Sitting, kneeling, and standing dives in deep water (if ready)
- Fully submerge and hold breath for 10 seconds
- Bobbing in chest deep water
- Breathing to both sides when swimming
- Float in the following positions, 10 seconds:
  - Front float
  - Jellyfish float
  - Tuck float
  - Back float
- Recover from floats to a vertical position
- Front and back glides, 3 body lengths
- Recover from glides to a vertical body position
- Changing directions while swimming in deep water
- Trending water in deep water for 30 seconds
- Kicking on front and back, independently and using kickboards
- Swimming on front and back for the full length of the pool

## Level 3

Ages: 7-12 years old

This is the level where specific swimming strokes are introduced and it builds off of skills learned from levels 1 and 2

Before signing up your swimmer should be able to:

- Swim the length of the pool independently on front and back with rotary breathing
- Jump independently in the deep end
- Float on back and front independently
- Tread water for 15 seconds in deep end

By the end of the session, your child will work on the following skills:

- Entering the water safely from a jump and dive in deep end
- Bobbing 15 times
- Survival floating
- Front and back floats
- Streamline glides off wall, front and back
- Tread water 1 minute
- The following swim strokes and kicks:
  - Front Crawl
  - Elementary backstroke
  - Scissor kick
  - Breaststroke kick
  - Flutter kick

- Dolphin kick

## Level 4:

Ages 7-12

This is the level where specific swimming strokes are introduced and practiced. It builds off of skills learned from level 3.

Before signing up for this class your swimmer should be able to complete the following skills for the full length of the pool:

- Front Crawl
- Elementary backstroke
- Scissor kick
- Breaststroke kick
- Flutter kick
- Dolphin kick

By the end of the session, your child will work on the following skills:

- Entering the water safely from a jump and dive in deep end
- Swim underwater 3-5 body lengths
- Survival floating for 1 minute
- Feet first surface dives
- Streamline with kick off wall, front and back
- Tread water 2 minutes
- Open turns
- The following swim strokes:
  - Front Crawl 25 yards
  - Elementary backstroke 25 yards
  - Backstroke 15 yards
  - Sidestroke 15 yards
  - Butterfly 15 yards
  - Breaststroke 15 yards

## Level 5

Ages 7-16 years old

These lessons are designed to develop a swimmers competitive swimming stroke. Swimmers must be able to do the following before signing up for this level:

- Front Crawl 25 yards
- Elementary backstroke 25 yards
- Backstroke 15 yards
- Sidestroke 15 yards
- Butterfly 15 yards

- Breaststroke 15 yards

By the end of the session, your child will work on the following skills:

- Diving in deep water and continue swimming
- Tuck, pike, and feet first surface dives
- Tread water 5 minutes, with legs only 2 minutes
- Flip turns and open turns
- The following swim strokes:
  - Front Crawl 50 yards
  - Elementary backstroke 50 yards
  - Backstroke 25 yards
  - Sidestroke 25 yards
  - Butterfly 25 yards
  - Breaststroke 25 yards

## Level 6

Ages 7-16 years old

These lessons are designed to develop a swimmers competitive swimming stroke. Swimmers must be able to do the following before signing up for this level:

- Front Crawl 50 yards
- Elementary backstroke 50 yards
- Backstroke 25 yards
- Sidestroke 25 yards
- Butterfly 25 yards
- Breaststroke 25 yards

By the end of the session, your child will work on the following skills:

- Diving in deep water and continue swimming
- Tuck, pike, and feet first surface dives to retrieve an object
- Tread water 5 minutes, with legs only 2 minutes
- Flip turns and open turns
- Using a pace clock
- Using a pull buoy
- Circle swimming
- The following swim strokes:
  - Front Crawl 100 yards
  - Elementary backstroke 100 yards
  - Backstroke 50 yards
  - Sidestroke 50 yards
  - Butterfly 50 yards
  - Breaststroke 50 yards