

SWIM LESSON SKILLS CHART

LEVEL	PREREQUISITES & OR RECOMMENDED AGES	DESCRIPTION
PARENT & CHILD	Parent w/ child age 6—35 months	Class is to help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in, on, and around the water. Parent or other caregiver must accompany each child into the water and participate in each class.
TADPOLES	Ages 3 & 4 without parent (parent is NOT allowed in the water)	Class is for children that are ready for learning elementary aquatic skills on their own. Children will also start developing good attitudes and safe practices around the water. Games used.
MINNOWS	Ages 3—5 without parent (parent is NOT allowed in the water)	Class emphasizes fun while learning the skills needed for Level 1. Child must feel comfortable in the water and be able to submerge head.
LEVEL 1	Ages 5+	Purpose is to help students feel comfortable in the water and to enjoy the water safely. Learn and practice submerging, breath control, floats [front & back], safety skills, and the front crawl [arms, kicking, and coordination].
LEVEL 1B	Ages 8+	For the older beginner who has never had swim lessons or who is having difficulty passing Level 1 skills.
LEVEL 2	Ages 6+ Must have passed level 1 or demonstrate all completion requirements of Level 1	Purpose is to provide student with opportunities for success with fundamental skills. Learn glides, bobbing, back crawl, elementary backstroke kick, jumping into deep water, treading water, and continue practicing coordinated front crawl.
LEVEL 3	Ages 6+ Must have passed Level 2 or demonstrate all completion requirements of Level 2	Purpose is to build on skills in Level 2 by providing additional guided practice. Learn elementary backstroke, butterfly kick and body motion, scissors kick, treading water [deep], increase endurance, and coordinated front and back crawl.
LEVEL 4A	Must have passed Level 3 or demonstrate all completion requirements of Level 3	Purpose is to build student confidence and performance of the swimming strokes learned in Level 3 by providing additional guided practice. Learn breaststroke and standing dive, refine elementary backstroke, and increase distance for front and back crawl.
LEVEL 4B	Must have passed Level 4A or demonstrate all completion requirements of Level 4A.	Learn sidestroke and butterfly. Refine elementary backstroke, front and back crawl, and breaststroke.
LEVEL 5	Must have passed Level 4B or demonstrate all completion requirements of Level 4B.	Purpose is to provide further coordination and refinement of strokes. Learn flip turns and surface dives. Refine breaststroke, sidestroke, and butterfly, increase distance and continue refining front and back crawls and elementary backstroke.
LEVEL 6	Must have passed Level 5 or demonstrate all completion requirements of Level 5.	Purpose is to refine strokes so students swim with more ease, efficiency, power, and smoothness over greater distance. Learn turns, principles of setting up a fitness program, how to use a pace clock, and work various training techniques. Increase distance on front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly.
FUNDAMENTALS OF DIVING	Must have passed Level 3 or demonstrate all completion requirements of Level 3.	Purpose is to introduce and practice fundamental springboard diving skills and dives. Front, back, inwards, and reverses.
DIVING II	Must have passed Fundamentals of Diving or demonstrate all completion requirements of Fundamentals of Diving.	Expands diving skills, including flips.
JR. LIFEGUARDING	Ages 11-14 years old	Are you interested in lifeguarding – but aren't quite old enough yet? This course is designed to give you a sneak peek into what it takes to become a great lifeguard. Covers all the basics and gets you ready to enter the lifeguarding program when you turn 15.
PRIVATE LESSONS	Ages 5 years old through ADULT	Available for Levels 1 thru 6.

Children can be enrolled in both sessions of swim. Enroll your child for the next level up for Session II. If they don't pass, stop at the pool admissions desk for a change; however, we can not guarantee you'll get the same time slot with the level change.