



# Swim Lesson Levels

## **Parent/Tot Level 1 – Ages 6-36 mo. (Little Pool)**

Safely enter & exit the water, feel comfortable in the water, explore submerging the mouth, nose, eyes & entire head. Learning breath control. Explore buoyancy on front & back. Have fun with games, songs & toys.

## **Parent/Tot Level 2 – Ages 18-36mo. (Little Pool)**

Establish expectation for adult supervision, explore submerging in a rhythmic pattern, glide on front & back with assistance, perform combined stroke on front & back with assistance. Have fun with games, songs & toys.

## **Beginner – Ages 3 & up (Little Pool/Big Pool)**

Learn safety skills, putting face in the water, how to blow bubbles for 3-5 seconds, bobbing, floating on front & back, kicking with & without a kickboard, gliding on front & back with & without kick, start coordinating arms & legs with breathing. Goal: Swim beginning freestyle & elementary backstroke across little pool.

## **Advanced Beginner – Ages 4 & up (Little Pool/Big Pool) - Requirement to sign up for this level: **\*\*MUST BE ABLE TO SWIM ACROSS ENTIRE LITTLE POOL ON OWN\*\*****

Review safety skills & basics: bubbles, kicking, floating, bobbing, & gliding. Introduce side breathing. Introduce treading water, jumping in & swimming to the side. Learn backstroke. Goal: Swim freestyle & backstroke 25yards.

## **Intermediate – Ages 5 & up (Big Pool) - Requirement to sign up for this level: **\*\*MUST BE ABLE TO SWIM FREE & BACKSTROKE ACROSS BIG POOL (25yards) ON OWN\*\*****

Review safety skills, practice freestyle with side breathing, practice backstroke, treading water, and building endurance. Learn breaststroke. Goal: Swim freestyle, backstroke 50yards & breaststroke 25yards.

## **Advanced – Ages 6 & up (Big Pool) - Requirement to sign up for this level: **\*\*MUST BE ABLE TO SWIM 50yards Freestyle & Backstroke ON OWN\*\*****

Has mastered freestyle, backstroke & breaststroke. Introduce butterfly. Learn open turns, flip turns, & starts. Also working on diving, treading water, endurance, & preparing for swim team. Goal: Swim Freestyle, Backstroke, Breaststroke 50 yards, Butterfly 25yards & tread water for 1 min.

## **Adult Swim Lessons (Big Pool)**

It's never too late to learn to swim. All ages & skill levels welcome. Learn basics, survival skills, stroke work & technique, fitness swimming, diving, turns & more.