

SWIM

Parent & Child

Parent/Tot I

Infants and toddlers will be introduced to the aquatic environment through exploration. Parents will encourage them to enjoy themselves while learning about the water. Parents will learn skills to help their child acclimate to an aquatic environment.

Parent/Tot II

Parents will learn skills to help their child explore body positions, floating, blowing bubbles, fundamental safety, and aquatic safety. Children will be encouraged to go under the water to explore.

Preschool Age

Level 1

Focuses:

- Confidence in placing their entire head under water.
- Basic self rescue skills.
- Water safety.

(Must be at least 3 years old)

Level 2

Focuses:

- Freestyle arms, kicks & glides
- Flutter kicks.
- Basic self rescue skills.
- Water safety

Does the student respond to verbal commands? Can the student jump when asked?

Is the student comfortable in the water without a parent? Will the student be comfortable with the instructor? Is the student at least 3 years old?

Is the student comfortable in the water with an instructor? Does the student willingly place their entire head under water?

Is the student confident when doing assisted front and back floats? Does the student remain in a float until the instructor advises to stop?

What Level

LESSONS

School Age, Teens, & Adults

Level 3

Focuses:

- Using a kickboard while side breathing.
- Improving independent freestyle swimming.
- Intermediate self rescue skills.
- Water safety.

Level 4

Focuses:

- Jumping off the diving board.
- Freestyle without the use of a kickboard.
- Intermediate self rescue skills.
- Water safety.

Level 5


Focuses:

- Freestyle endurance building.
- Basic diving skills.
- Advanced self rescue skills.
- Water safety.


Level 6

Focuses:


- Breaststroke
- 50 meter freestyle endurance
- Dolphin kick.
- Advanced self rescue skills.
- Water safety.




Is the student comfortable using a kickboard while side breathing? Is the student able to do an assisted front to back roll? Do they bob to safety?



Is the student confident and independently able to complete front to back rolls? Is the student a confident freestyle swimmer?



Is the student able to freestyle swim 25 meters without the use of a kickboard? Is the student able to comfortably swim with breaststroke arms?



Is the student able to freestyle swim 50 meters without the use of a kickboard?

Should I Be In?

Swim Lesson Information
on Next Page!

