

Swim Lesson Passing Guidelines

Parent/Tot

Ages 6 – 48 months

This class is with adult/child participant class where group and individual activities will take place to help with water adjustment. Concentration will be on back and front floats/glides, breath control and submerging.

Preschool Aquatics

Ages 3 – 5 years of age

This is a water adjustment class without a parent/guardian. The child will learn independence through play and guided instruction. Concentration will be on front/back floats/glides, breath control, kicking and propulsion in the water. Children must be ready to be on their own and comfortable in the water to progress to Level 1.

Level 1 – Intro to Water Skills

Ages 5 and up

Concentration in this class will be to independently float on front/back, while kicking comfortably in order to progress to the next level. Participants will also work on stroking both front/back, opening eyes under water, retrieval of objects, breath control and bobbing while understanding breath control through bubbles.

Level 2 – Fundamental Aquatic Skills

Ages 5 and up

In order to pass out of this level a participant must be able to glide on front and back using the flutter kick, simultaneous arm stroke and rhythmic breathing.

Level 3 – Stroke Development

Ages 6 and up

This class builds on skills from previous levels. In order to pass out of this class a participant must fully understand the front and back crawl with rhythmic breathing and flutter kick. They must also be able to perform the elementary back stroke, dolphin kick, scissors kick and diving from the side of a pool.

Level 4 – Stroke Improvement

Ages 6 and up

Level 4 will build on previous skills and participants must be able to complete the breast stroke, side stroke and have knowledge of butterfly along with learning open turns, treading water, surface dives, survival swimming, endurance building and water safety skills.

Level 5 – Stroke Refinement

Ages 6 and up

This level provides further refinement of all strokes learned in level 4 along with shallow water diving, flip turns, water safety skills, endurance/fitness swimming.