

## In What Level Should I Enroll?

I'm glad you asked! Lessons are broken down by age then skill level. We offer something for everyone! Read the descriptions carefully and please remember the following:

Most kids struggle to pass Tot Intermediate or Level 3 and up. We highly encourage kids to REPEAT a level as it only helps to strengthen and reinforce what is being taught. Please do not place your child in a higher level because a sibling/friend is in that class or a class at the same time. If your child is not able to demonstrate the required skills that were learned in previous swim levels, they may be removed from the class without the opportunity for a refund.

Pool passes will be issued due to unforeseen pool closures, (i.e. inclement weather, accidents, etc.). Please enroll carefully! There will be no refunds, transfers or credits issued.

### **AGES 6 months to 2 years** *Class size limited to 8*

#### **Parent and Infant/Tot (PIT)**

Get in the water with your infant or toddler and teach them to feel more relaxed and comfortable. Parent emphasis is on water orientation and safety. Lifeguard will be available for guidance.

### **AGES 3 + years** *Class size limited to 4*

#### **Special Needs (VIP)**

An adult must get in the water with the participant and teach them water safety at his/her own pace. Lifeguard will be available for guidance.

### **AGES 3 + years** *Class size limited to 1*

#### **Individual (Individual)**

Lifeguard will assess the participants ability and work with them 1 on 1. Individualized instruction allows for better focus and quicker learning.

### **AGES 3 to 5 years** *Class size limited to 6*

#### **Tot Beginning (Tot Beg)**

No water skills required. Class will teach entry, exit, water safety, floating and arm paddling.

#### **Tot Intermediate (Tot Int)**

Tot must have some water experience. Class will teach breath holding, arm stroking, kick with help, floating and safety.

#### **Tot Advanced (Tot Adv)**

Tot must be able to jump in water, submerge face, and arm paddle with kick. Class will work on swim stroke and kick, underwater swimming and safety skills.

### **AGES 6 to 12 years** *Class size limited to 6*

#### **Level 1—Water Exploration (L1)**

Designed to teach water adjustment, buoyancy, breath control, entry and exit, beginning movements and safety. No water skills required.

#### **Level 2—Primary Skills (L2)**

For Level 1 graduates. Prone float and glide, flutter kick, back crawl, beginning crawl and safety.

#### **Level 3—Stroke Readiness (L3)**

For Level 2 graduates. Crawl stroke development, elementary backstroke, back crawl, coordination and safety.

#### **Level 4—Stroke Development (L4)**

Participants must have mastered Level 3 skills and be able to swim the length of the pool. Elementary backstroke, crawl stroke perfection, development of breaststroke and sidestroke, kicks and safety.

#### **Level 5—Stroke Refinement (L5)**

Participants must have mastered Level 4 skills. Refinement of breast stroke, side stroke, swimming underwater, elementary backstroke, front and back crawl, introduction to butterfly, diving and safety.

#### **Level 6—Skill Proficiency (L6)**

Participants must have mastered Level 5 skills. Basic strokes, strength, endurance, diving, water entries, turns and water safety. L6 and L7 are combined into one class.

#### **Level 7—Advanced Skills (L7)**

Participants must have mastered Level 6 skills. Designed to prepare the student for the Jr. Lifeguard Program by offering a final review of basic strokes, turns and advancement of safety and rescue techniques. L6 and L7 are combined into one class.

### **AGES 13 to 17 and Adult** *Class size limited to 4*

#### **Teen/Adult Beginning (Teen Beg/Adult Beg)**

Participants will learn breathing techniques, floating, water safety, stroke readiness & stroke development.

#### **Teen/Adult Intermediate (Teen Int/Adult Int)**

Review stroke development and focus on stroke refinement, skill proficiency and advanced skills.