SWIM LESSON CLASS DESCRIPTIONS/REQUIREMENTS

LEVEL 1 (3yrs – 8yrs old)
MUST BE 3YRS OLD & POTTY TRAINED. This class introduces kids to basic water skills.

LEVEL 2 (3yrs – 8yrs old)
Your child must be able to do the following skills before entering this level. 1) enter the water unassisted, move 5 yards, bob 5 times to chin level and safely exit the water. 2) float on front with support for 3 seconds, roll to back (with assistance) and float on back with support for 3 seconds.

LEVEL 3 (4yrs old & up)
Your child must be able to do the following skills before entering this level. 1) step from side into chest-deep water, move into a front float for 5 seconds, roll over to a back float, return to standing position, then move back to a back float for 5 seconds and return to a standing position 2) Push off and swim using a combination of arm and leg actions for 15 feet on the front; push off and swim using a combination of arm and leg actions for 15 feet on the back.

LEVEL 4 (4yrs old & up)
Your child must be able to do the following skills before entering this level. 1) jump into chest deep water from the side, swim the front crawl for 15 yards with face in the water and rhythmic breathing pattern (to front or side), maintain position by treading or floating for 30 seconds and swim the back crawl 15 yards.

LEVEL 5/6 (4yrs old & up)
Your child must be able to do the following skills before entering this level. Level 5- 1) perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) and swim elementary backstroke for 15 yards. 2) swim breaststroke for 15 yards, tread water for 1 minute and swim back crawl for 25 yards. Level 6 - 1) perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. 2) swim breast stroke for 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

PARENT/CHILD AQUATICS
This class will introduce your little one to the water to help them feel comfortable.