

Level	Age	Descriptions
Parent & Child 1	6-18 months	Introduces basic skill to parents and children. Parents are taught to safely work with their children in the water. Infants and toddlers are introduced to basic skills.
Parent & Child 2	18 months-3 yrs	Builds on skills learned in Parent & Child 1.
Pre-School 1	4-5 yrs	Introduction to basic swim and water safety skills: including entering and exiting the water, blowing bubbles, floating, and simple arm and leg action.
Pre-School 2	4-5 yrs	Builds on basic aquatic skills learned in Pre-School level 1. Simultaneous and alternating arm and leg actions on front and back.
Level 1	5-12 yrs	Elementary aquatic skills; breathe control, submerging, floating, changing direction, treading, simultaneous arm and leg action.
Level 2	6-12 yrs	Builds on skills learned in Level 1. Must demonstrate skills independently; floats held for 15 sec and swim skills for 5 body lengths.
Level 3	6 -17 yrs	Front crawl with rotary breathing, elementary backstroke, sidestroke and treading water. Introduction to dolphin and scissors kick and seated dive.
Level 4	8 -17 yrs	Stroke improvement of the front crawl & elementary backstroke. Learn back crawl, breaststroke, butterfly, kneeling dive, surface dives and open turns.
Level 5	8 – 17 yrs	Refinement of all strokes and increase endurance & distance. Introduce flip turns on front and back. Master surface dives and head first dive.
Level 6	8-17 yrs	Improve stroke efficiency and power. Fitness swimming and Fundamentals of diving.

Need Help Placing Your Child? Please Call (920) 833-9704