

# Swim Lessons are now available

To move into the next level, children must be confident with their abilities in their current level as well as preceding levels. If a child is placed into a class beyond their Confidence and/or ability level, they will be removed from class and will need to be placed into a lower level when new classes for that level become available.

## **NO REFUNDS NO EXCEPTION**

### **Parent/Toddlers (6 months - 2 years)**

Skills: (with assistance) Parent in the Water

- ❖ Enter / Exit the Pool
- ❖ Kicking
- ❖ Submerging
- ❖ Floats
- ❖ Glides

### **Parent/Child (2 ½ - 3 years)**

Skills: (Unassisted) Parent in the Water

- ❖ Enter / Exit the Pool
- ❖ Kicking
- ❖ Submerging
- ❖ Floats
- ❖ Glides

### **Preschool level 1 (3 ½ - 4 years)**

Skills:

- ❖ Enter Independently, using ladder, steps, or the side
- ❖ Travel 5 yards
- ❖ Submerge to mouth, blow bubbles for at least 3 seconds
- ❖ While in shallow water, glide on front at least 2 body lengths
- ❖ Roll to back and float on back for 3 seconds then recover to vertical position.
- ❖ Exit water safety

### **Preschool level 2 (4 ½ - 5 years)**

Skills:

- ❖ Glide on front at least 2 body lengths,
- ❖ Roll to back and float for 5 seconds then recover to a vertical position.
- ❖ Glide on back for at least 2 body lengths
- ❖ Roll to front and float for 5 seconds then recover to a vertical position.
- ❖ Swim using combination arm and leg actions on front for 3 body lengths
- ❖ Roll to back, float 5 seconds
- ❖ Roll to front then continue swimming on their front for 3 body lengths.

### **Level 1 (6 years and up)**

Skills:

- ❖ Enter Independently, using ladder, steps, or the side
- ❖ Travel 5 yards
- ❖ Bob 3 times
- ❖ Glide on front at least 2 body lengths for 3 seconds
- ❖ Recover to a vertical position
- ❖ Travel at least 5 yards
- ❖ Safely exit water

### **Level 2 (6 years and up)**

Skills:

- ❖ Step from side into chest-deep water
- ❖ Move into front float for 5 seconds
- ❖ Roll to back and float for 5 seconds
- ❖ Return to the vertical position
- ❖ Move into a back float for 5 seconds
- ❖ Roll to front then recover to a vertical position
- ❖ Push off and swim using combined arm and leg action on front for 5 body length
- ❖ Roll to back and float for 15 seconds
- ❖ Roll to the front then continue to swim for 5 body lengths

### **Level 3 (6 years and up)**

Skills:

- ❖ Jump into deep water from the side
- ❖ Swim front crawl for 15 yards
- ❖ Maintain position by treading or floating for 30 seconds
- ❖ Swim elementary backstroke for 15 yards

### **Level 4 (6 years and up)**

Skills:

- ❖ Perform a feet first entry into the water
- ❖ Swim front crawl for 50 yards, change direction and position as necessary and swim elementary backstroke for 50 yards
  - ❖ Swim breaststroke for 25 yards, change direction and position as necessary and swim back crawl for 25 yards

