

Swim Levels Descriptions

Parent & Child Aquatics- 6 months and up

(3 age groups 6-12 months, 13 months to 2 years, 2-4 years)

This program develops swimming readiness by teaching children how to enjoy, be comfortable and have fun in the water. Parents will learn water adjustments and safety skills. Parent-child participation will help you and your child overcome fears. Your child will learn skills such as water entry and bubble blowing, front kick, back floating, under water exploration, and more all assisted by parents or instructor.

Preschool Swim ages 3-5

Introduction to water skills; which include beginning fundamental Aquatic skills: The objective of this class is to help the students feel comfortable in the water and learn to enjoy water safely. Students will learn to float without support and to recover in a vertical position. Students learn to explore simultaneous and alternating arm and leg actions on front and back.

Advanced Preschool Swim ages 3-5

The objective of this class is to build on the basic skills that will allow children to feel comfortable with moving freely in the water while starting to learn the fundamentals of the freestyle stroke. Beginning fundamental Aquatic skills will still be taught and emphasized on.

The Beginner Swimmer- Level 1-ages 6-15

Introductions to Water Skills-The objective of this class is to help student's feels comfortable in the water and enjoy water safely. Students will learn elementary aquatic skills which students will build on as they progress through the levels. Students start to develop positive attitudes, good swimming habits and safe practices in and around the water.

The Starter Swimmer-Level 2-ages 6-15

Fundamental Aquatic Skills- The objective of this class is to give students success with fundamental skills. Students learn to float without support and recover to a vertical position. This level marks the beginning of true locomotion skills. Students further develop simultaneous and alternating arm and leg actions on the front and back that lay the foundation for future strokes. As in all levels students will improve comprehension of previous knowledge.

The Intermediate Swimmier-Level 3-ages 6-15

Stroke Development- The objective of this class is to build on previously learned skills while introducing the freestyle stroke and elementary backstroke. Students will also learn to the survival float and treading water is also introduced in this class. Headfirst entries from a seated position at poolside of pools 9 feet or deeper is introduced here as well.

The Pro Swimmer-Level 4-ages 6-15

The objective in this class is to develop strokes. The freestyle, backstroke, and breast stroke with introduction to the butterfly depending on students readiness. In previously learned strokes such as freestyle and backstroke students will increase their endurance and skills by swimming these strokes at greater distances and quicker times.

The All Star Swimmer-Beyond Level 4 Class is Open Age

The objective in this class is to allow students to use all previously learned skills and practice freestyle swimming on their own. Laps, Races, free swim, survival skills will all be executed and encouraged. There is no set age category for this class. The student must be able to swim the freestyle and backstroke with ease. Fitness Boot camps are also included in this course.

Adult Group Swim

The primary objective of the aquatics course for adults is to give safe, enjoyable aquatic activities to enhance the student's quality of life. This class is to help adults feel more comfortable in the water. Basic fundamental Aquatic skill and Water safety skills are taught. A combination of carefully chosen, logical teaching progression and a less formal approach to make learning self-directed is taken. This class overall will improve your health and fitness and social skills.