

# SWIM LESSON LEVELS\*

## **Aquababies: Parent and Child: ages 6mos- 3years**

Introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills.

## **Preschool 1: Tadpoles: ages 3- 5years**

Basic elementary aquatics skills are introduced. Most skills in this level are performed with assistance. This level marks the beginning of independent aquatic locomotion skills. Children explore using simultaneous and alternating arm and leg actions on the front and back.

## **Preschool 2: Minnows: ages 3- 5years**

Practice of basic aquatic skills at slightly more proficient performance levels and greater distances and times. Skills in this level are performed independently. Children improve coordination of combined simultaneous arm and leg actions and alternating arm and leg actions.

## **Level 1: Introduction to Water Skills: ages 5- 7years**

Orientation to aquatic environment; participants will work on elementary aquatic skills including developing positive attitudes, good swimming habits and safe practices in and around the water.

## **Level 2: Fundamental Aquatic Skills: ages 5- 7years**

Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants further develop simultaneous and alternation arm and leg actions on the front and back that lay the foundation for future strokes.

## **Level 3: Stroke Development : ages 7 and up**

Participants learn the survival float, swim the front crawl and elementary backstroke. Introduction the scissors and dolphin kicks and build on the fundamentals of treading water.

## **Level 4: Stroke Improvement: ages 7 and up**

Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Participants add the arms to the scissors kick for the sidestroke. Participants also start to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall.

## **Level 5: Stroke Refinement: ages 7 and up**

Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances. Flip turns on the front and back are also introduced.

*\*Class level is determined by age and ability. If you are unsure of your child's level or have any questions please contact Karen Feeley, Aquatics Director 896-5678 ext 104.*