

# Level Summaries

**Parent & Child Aquatics:** Classes are for children **6 months to 36 months** and their parents. This class is designed for the children to become comfortable in an aquatic environment so they are willing and ready to learn to swim. The basic skills include adjusting to the water, showing comfort while maintaining a front or back position and demonstrating breath control ( i.e., blowing bubbles or voluntarily fully submerging) . The class is to inform parents on ways to instruct their children in skills necessary and for the children to be safe and have fun in an aquatic environment.

## PRESCHOOL

### **For children ages three to five years**

**Preschool Level I/Water Exploration:** The objectives are to orient young children to the aquatic environment and to help them gain basic aquatic skills and also help children develop comfort in and around the water.

**Preschool Level II/ Primary Skills:** This level marks the beginning of independent aquatic locomotion skills. Participants can float without support from another person. They will learn the basics of simultaneous and alternating arm and leg actions on the front and back. Also for those who have completed Preschool Level I.

**Preschool Level III/ Stroke Development:** The objectives of this level are to build on previously learned skills. Participants learn front crawl, back crawl, survival float elementary backstroke and more. Also for those who have completed Preschool level II.

## LEARN TO SWIM

### **For children ages six years and older**

**Level I/ Introduction to Water Skills:** The objectives are to help children learn the basic skills and to help participants feel comfortable in and around the water.

**Level II/ Fundamental Aquatic Skills:** This is for those who float without support from another person. They will learn the basics of arm and leg action on the front and back. Also for those who have completed Level I.

**Level III/ Stroke Development:** The objectives of this level are to build on previously learned skills. Participants learn front crawl with rotary breathing, back crawl, elementary backstroke, survival float, scissors kick and more. Also for those who have completed Level II.

**Level IV/ Stroke Improvement:** Participants will develop confidence, improve skills, and increase endurance. Participants will learn the breaststroke, arms for sidestroke, and start to learn the basics of turns from the wall. Also for children who have completed Level III.

**Level V/ Stroke Refinement:** The objectives of this level are coordination and refinement of all strokes and increase their distance. They will learn surface dives and flip turns. Also for swimmers who have completed Level IV.

**Level VI/ Skill Proficiency:** The objectives of this level are to refine strokes and to swim them with more ease, efficiency, power, smoothness and overall greater distance. Also teaches other aquatic skills offering three options: Personal Water Safety, Diving. Also for swimmers who have completed Level V.

## SPECIALTY CLASSES

**Your Turn:** Is designed for adult beginners and intermediate swimmers. Use your lunch hour and get some helpful advice on form and technique.

**Aqua Tween:** Aqua Fitness Classes designed for Tweens ages 9-13 years of age. A well-rounded fitness program includes toys for additional challenge.

**Snorkeling:** For ages 8 years and older with Level IV or above. Learn the basics on using a mask, snorkel and fins. Students will learn “clearing the snorkel” upon returning to the surface. How to put the mask on while treading water, and more.

**Preschool 2 to 3:** The objectives are to orient young children to the aquatic environment and to help them gain basic aquatic skills and also help children develop comfort in and around the water.