

# SWIM LESSON DESCRIPTIONS



**Parent-Tot:** Ages 6-36 months. Focus is on exploring the water and building a foundation of basic skills through games, toys, songs, and fun, all while being accompanied by a parent.

**Preschool Aquatics:** Ages 3-5. Focus is on getting the child comfortable in water and introducing basic water skills WITH instructor assistance. Major achievements include blowing bubbles, submerging head, floating with assistance, simulating arm and leg motions with assistance.

**Level 1:** Ages 6+. Focus is on introducing swimmer independence while performing basic water skills with minimum instructor assistance. Major achievements include bobbing, gliding, and floating independently, and swimming on front and back with minimal assistance.

**Level 2:** Focus is on fundamental skills. Major achievements include treading/floating for 15 seconds and swimming on front and back for 5 body lengths.

**Level 3:** Focus is on stroke development. Major achievements include treading/floating for 1 minute and swimming on front and back for 25 yards. (Note: This is a big jump from level 2 and many children may have to repeat this level a couple times until they are at an appropriate developmental stage and build endurance.)

**Level 4:** Focus is on stroke improvement. Major achievements include swimming front crawl and elementary backstroke for 25 yards, swimming breaststroke and back crawl for 15 yards, and swimming underwater. (Note: This is another big jump from level 3 as all 6 strokes are introduced at this point. Developing proprioception, body awareness, and limb control is a key factor to success. Many children may have to repeat this level.)

**Level 5:** Focus is on stroke refinement. Major achievements include swimming front crawl and elementary backstroke for 50 yards, swimming breaststroke and back crawl for 25 yards, and utilizing appropriate turning styles.

**Level 6:** Focus is on stroke mastery and endurance for fitness swimming. Major achievements include swimming 500 yards continuously and performing the Cooper 12-minute swim test.

