



## **Swimming Lesson level descriptions**

### **Parent and Child:** *6: 1 student to teacher ratio*

An introductory class for children that are 6 months up to 3 years. This class allows children to explore the water for the first time in a comfortable and inviting setting. With parental assistance, the children will learn to enter and exit the water, float, glide and more!

### **Preschool 1:** *4: 1 student to teacher ratio*

In this level, swimmers will learn to enter and exit the pool using the ladder and stairs, blow bubbles, float and kick on their fronts. Swimmers should be able to fully submerge their face for 3 seconds before moving to the next level. Level 1 classes are 30 minutes long

### **Preschool 2:** *4: 1 student to teacher ratio*

Our preschool level 2 class swimmers will learn to submerge their bodies under water, float on their front and backs, and basic front crawl movements. Swimmers will be working towards swimming more independently. Level 2 classes are 30 minutes long

### **Preschool 3:** *4: 1 student to teacher ratio*

This level is for swimmers who can swim without floats, or assistance for 2-3 body lengths. Continuing to build the foundational skills of front crawl, swimmers will continue to work towards completing skills independently, building basic skills for back crawl. Swimmers will be introduced to proper freestyle techniques, treading water and submerging. Level 3 classes are 30 minutes long

### **Youth 1:** *4: 1 student to teacher ratio (6 years and up)*

For children 6 years or older, who have never been or are in fear of the water. This is an introduction to water skills. This level will focus on safely entering and exiting the water, learning to submerge the eyes, nose, and face, floating and forwards movement on both the front and back side. Level 1 classes are 30 minutes long

### **Youth 2:** *4: 1 student to teacher ratio (6 years and up)*

Level 2 is the perfect level for swimmers who are new to youth lessons but are comfortable in the water. Swimmers will begin to learn to swim unassisted, proper freestyle techniques, submerging and retrieving objects, treading water and more. Level 2 classes are 30 minutes long.

### **Youth 3:** *5: 1 student to teacher ratio (6 years and up)*

**Swimmers will be learning to swim full laps of the pool, if your child is not ready for that, this is not the level for them.** Swimmers will continue to work on proper freestyle and backstroke technique. Skills such as the dolphin kick, streamline and dives will be introduced. Swimmers may swim multiple lengths of the pool in a short time. Level 3 class are 40 minutes long.



**Youth 4:** 6: 1 student to teacher ratio (6 years and up)

The youth level 4 class will continue to master their freestyle and backstroke techniques. The butterfly and breaststroke will be introduced as will open turns, submerged swimming for 3-5 lengths, safety skills and dives.

**Youth 5 (formally Swim Team Prep):** 8: 1 student to teacher ratio (6 years and up)

Formally known as our 'swim team prep' class. This level is our pre-competition team class. This class is perfect for swimmers who need a little more stroke refinement before joining the team.

***Interclub swim team: (6 years and up)***

*Swimmers must be able to swim a lap of each stroke. This team is perfect for those who are uninterested in competition but enjoy the sport of swimming. Practicing twice weekly, these swimmers will work on stroke refinement, technique and endurance. Swimmers enrolled in the interclub team are invited to all home meets. No meets are required attendance.*