

SWIM LESSON INFORMATION AND DESCRIPTION OF LEVELS

If you are unsure of what level of swim lessons your child should be in, call the pool office and set up a water assessment evaluation.
Proof of residency (Current Driver's License or Voter's Registration Card) is required to receive the resident rate.
Classes are not made up due to thunder or lightning.

Parent & Child Aquatics (ages 6 months to 3 years)

- Parent is in the water with child
- Explore submerging to the mouth, nose, and eyes completely
- Explore buoyancy on the front and back position
- Change body position in the water
- Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance
- Change body position in the water
- Experience wearing a U.S. Coast Guard-approved life jacket
- Class size is 3 to 10 students.

Preschool Aquatics – Level 1 (ages 4 to 5)

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides and recover to a vertical position
- Back float and recover to a vertical position
- Roll from front to back and back to front
- Tread with arm and hand actions
- Leg actions on front and back
- Arm actions on front and back
- Combined arm and leg actions on front and back
- Class size is 3 to 4 students.

Preschool Aquatics – Level 2 (ages 4 to 5)

- Child must be able to perform all Preschool Level 1 skills to enroll
- Enter water by stepping in
- Exit water using ladder, steps or side
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back floats and glides
- Recover from a front or back float or glide to a vertical position
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back
- Class size is 3 to 6 students.

Level 1 – Introduction to Water Skills (ages 6 and up)

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged object
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Leg actions on front and back
- Arm actions on front and back
- Combined arm and leg actions on front and back
- Class size is 3 to 6 students.

Level 2 – Fundamental Aquatic Skills (ages 6 and up)

- Child must be able to perform all Level 1 skills to enroll
- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action
- Class size is 3 to 6 students.

Level 3 – Stroke Development (ages 6 and up)

- Child must be able to perform all Level 2 skills to enroll
- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving forward safely
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke
- Class size is 3 to 6 students.

Level 4 – Stroke Improvement (ages 6 and up)

- Child must be able to perform all Level 3 skills to enroll
- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back
- Class size is 3 to 6 students.

Level 5 – Stroke Refinement (ages 6 and up)

- Child must be able to perform all Level 4 skills to enroll
- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling
- Class size is 3 to 10 students.

Adults (ages 18 and up)

- Adults will be taught basic swimming skills leading up to and including the crawl stroke with rhythmic breathing, back floating, back crawl, and flip-turns.
- Class size is 3 to 6 students.