**Youth Level 4 - Stroke Development** (4-15 years)

A more advanced course, Level 4 is designed to improve front crawl, back crawl and butterfly. Elementary backstroke, breaststroke and open turns will be introduced and practiced. Students should have passed Level 3 to enroll.

**Youth Level 5 - Stroke Refinement** (4-15 years)

Endurance and stroke refinement is the emphasis in Level 5. Sidestroke, flips turns and shallow diving will be introduced to familiarize students with survival swimming and competitive swimming. Students should have passed Level 4 to enroll.

**Combined Classes**

At some locations, advanced levels are combined into one class.

**Youth Level 4/5 - Stroke Refinement** (4-15 years)

Two levels are combined in this advanced course designed to improve front crawl, back crawl and butterfly. Elementary backstroke, breaststroke and open turns will be introduced and practiced. Students should have passed Level 3 or 4 to enroll.

**Youth Level 5/6 - Fitness Swimmer** (4-15 years)

Two levels are combined in this course as students refine strokes and work on sidestroke and flip turns to swim with more ease, efficiency, power and smoothness over greater distances. Students gain a better understanding of swimming for fitness with training techniques, principles and equipment. Students should have passed Level 4 or 5 to enroll.

**Adult - Stroke Development** (16+)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skill and technique coaching.

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The City of Sunnyvale encourages persons with disabilities to participate in our Community Services programs. We will make reasonable efforts to accommodate persons with disabilities in accordance with the Americans for Disabilities Act. If you require special accommodations, please contact (408) 730-7723, TDD (408) 730-7501, at least 5 days in advance of the program or activity. For fee waiver assistance, call (408) 730-7350.