

Sunnyvale Aquatics Swim Lesson Class Level Descriptions

Parent/Tot (6 months to 3 years)

Parent/Tot is the first level in our Learn-to-Swim program. Parents and children have an opportunity to explore and become comfortable in a pool. The instructor presents skills and techniques for parents to use with their children. Participants are also given an opportunity to work on beginning swimming skills in preparation for a Tiny Tots or Beginner level swim class. Parents must stay in the water with their children, at a ratio of one parent per child.

Tiny Tots (3 years)

This class is designed for 3-year-olds who are ready to transition from Parent/Tot swim classes. Skills covered include assisted front and back floats, submerging to retrieve objects and an introduction to arm and leg actions for front and back crawl. Participants must be comfortable being in the water without a parent.

Youth Beginner (4-15 years)

Beginning level classes (Otters, Seals, Dolphins levels) range in skills from little or no experience to coordination of the front crawl. Water safety and pool rules will be discussed. Children will be grouped with those of similar ability.

- **Otters:** No swimming experience is necessary. Otters work on assisted front floats, back floats and underwater exploration. Arm and leg actions for front crawl will be introduced, and water safety and pool rules will be discussed.
- **Seals:** These swimmers will work on unassisted front and back floats. Explorations of deep water, gliding, flutter kicking and rhythmic breathing will also be covered.
- **Dolphins:** These swimmers will begin to combine rhythmic breathing, arm motion and kicking. Treading water, survival floating and independent entry to the water will also be practiced.

Youth Level 3 - Stroke Development (4-15 years)

This intermediate level course is designed to develop and improve coordination and stamina in the front crawl and back crawl. The body motion and kick for the butterfly stroke will also be introduced. Students should have passed Youth Beginning Levels to enroll.



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 for level 4 students. For level 5 students, emphasis is on endurance and stroke refinement, as well as an introduction to flip turns, sidestroke and shallow diving. 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.

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.

