

# Swimming Class Descriptions

## **Parent & Tot • Ages 6 mo. to 4 years**

Parent & Tot is the first level in our Learn-to-Swim program. These classes give parents and children 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 Swim • Age 3**

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.

## **Beginner • Ages 4-15 (Levels 1-2)**

- **Otters:** No swimming experience is necessary. Otters work on assisted front floats, back floats and submerging for objects. 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 the emphasis in Seals.
- **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 in Dolphins.

## **Level 3 - Stroke Development • Ages 4-15**

This level is designed to develop and improve coordination and stamina in the front crawl and back crawl. The body motion and kick associated with butterfly will also be introduced in this level. Students should have passed Dolphins (Level 2) to enroll.

## **Level 4 - Stroke Improvement • Ages 4-15**

An 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 to enroll.

## **Level 5 - Stroke Refinement • Ages 4-15**

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.

## **Level 6 - Fitness Swimmer • Ages 4-15**

To refine strokes so students swim with more ease, efficiency, power, and smoothness over greater distances. Training techniques, principles and equipment will be introduced to students in order to gain a better understanding of swimming for fitness. Students should have passed Level 5 to enroll.

