



YOUTH SWIM LESSON DESCRIPTIONS

Baby & Me (Ages 6 months -3 years)

Parents help introduce children to the water using songs while learning how to work with their child safely, basic body position and holding techniques to promote water comfort. One child per adult is required. Swim diapers or plastic pants must be used.

Polliwog (Ages 3-6)

This level is for the swimmer who is new to the water, will not put their face in the water, and can hold on to the side of the pool independently.

Tadpole (Ages 3-6)

This level is for the swimmer who will put their face in the water, can perform supported front and back float without apprehension and will explore the water freely without fear.

Froggie (Ages 3-6)

This level is for the swimmer who can front float with their face in the water without support, can back float for 5 seconds without support and can submerge and pick up objects in shallow water.

Level 1 (Ages 6-12)

This level is for the swimmer who can roll from front to back without support, streamline front glide 5' without support and jump into shallow water without support.

Level 2 (Ages 6-12)

This level is for the swimmer who will put their face in the water, can perform a supported front and back float without apprehension and will explore the water freely without fear.

Level 3 (Ages 6-12)

This level is for the swimmer who can perform a front and back float independently, can jump into deep/shallow water and move to the side comfortably and can swim 10 yards elementary back stroke.

Level 4 (Ages 6-12)

This level is for the swimmer who can swim 25 yards without stopping, can flutter kick without a kick-board for 25 yards and is comfortable in deep water.

Level 5 (Ages 6-12)

This level is for the swimmer who can swim 50 yards freestyle, can tread water continuously for at least 1 minute, and has been introduced to breast stroke and backstroke.

Level 6 (Ages 6-12)

This level is for the swimmer who can swim a minimum of 50 yards without stopping and is efficient in all competition strokes including freestyle, backstroke and introduction to the butterfly stroke.