

# WHAT LEVEL SHOULD I ENROLL IN?

## Lessons are by age & skill level. There is something for everyone!

Repetition of classes is strongly encouraged to strengthen the teachings. Many children find passing the Tot Intermediate/Level 3 and higher to be very challenging. Enrollment with siblings & friends is not permissible. Child must demonstrate the required skills to stay enrolled.

### GROUP LESSONS

#### AGES 6 MONTHS – 2 YEARS

##### Parent & Child (PC)

Adult & child in the water with Lifeguard present for instruction & guidance. Class focus on water orientation and safety. Infants/toddlers not potty trained must wear swim diapers.

#### AGES 3+ YRS

##### SPECIAL NEEDS (VIP)

Adult & participant in the water with Lifeguard present for instruction & guidance. Class focus on water orientation and safety.

#### AGES 3-5 YRS

##### TOT BEGINNING (Tot Beg)

Entry level to learn water entry & exit, safety, back float & arm paddling.

##### TOT INTERMEDIATE (Tot Int)

Must have beginning experience. Learn breath holding, arm stroke, kicking with assistance, back & front float, and water safety.

##### TOT ADVANCED (Tot Adv)

Must have ability to jump in water, submerge head, and arm paddle with kick. Class will teach swim strokes, underwater swim, and safety.



#### AGES 6-12 YRS

##### LEVEL 1 | Water Exploration | No skill required

Learn water adjustment, buoyancy, entry & exit, breath control, beginning movement & safety.

##### LEVEL 2 | Primary Skills | Level 1 required

Learn prone float & glide, flutter kick, beginning back & front crawl, and safety.

##### LEVEL 3 | Stroke Readiness | Level 2 required

Refine back & front crawl, glides, swim width of pool, kneeling dive intro & safety.

##### LEVEL 4 | Stroke Development | Level 3 mastery

Swim length of pool, side breathing, breaststroke, sidestroke, tread water, diving, and safety.

##### LEVEL 5 | Stroke Refinement | Level 4 mastery

Refinement of Level 4 skills and introduction to butterfly, safety & spinal injury.

##### LEVEL 6 | Proficiency | Level 5 mastery required

Learn flip turns, dives, endurance, and rescue.

##### LEVEL 7 | Advanced | Level 6 mastery required

Preparation for the Jr. Lifeguard program.

#### AGES 13 – 17 YRS & ADULTS

##### BEGINNING | no skills required

Learn breathing techniques, floating, stroke readiness & development, water safety.

##### INTERMEDIATE | Beginning skills required

Review stroke development & refinement, skill proficiency, and advanced skills.

