

VARYING SWIM LEVELS AND DESCRIPTIONS

POLLIWOG: ages 6 mo-3 years (parent participation required)

TINY TOTS: ages 3-5; *Develops Water Safety and Aquatic Skills* – introduces fun and appropriate skills to young swimmers

L-1 (Jellyfish): ages 5-13; *Intro to basic water skills* – for non-experienced swimmers; helps participants feel comfortable in the water.

L-2 (Seahorses): ages 5-13; *Fundamental Aquatic Skills* – participant is already comfortable in the water and able to swim 5 yards without support; gives participants success with fundamental skills.

L-3 (Turtles): ages 6-13; *Stroke Development* – participant is already comfortable swimming 15 yards on front and back; builds on the skills in L2 through additional guided practice in deeper water.

L-4 (Stingrays): ages 7-13; *Stroke Improvement* – participant can already swim 25 yards with side breathing; develops confidence in the skills learned and improves other aquatic skills.

L-5 (Dolphins): ages 7-13; *Stroke Refinement* – participant can already swim 25 yards front, back and breaststroke; provides further coordination and refinement of strokes.

L-6 (Sharks): ages 7-13; *Stroke/Skill proficiency* – participant can already swim 50 yards freestyle and backstroke; further enhances strokes so student swims with more ease, efficiency, power and smoothness over greater distances.

ADULT: ages 18+; *Intro to Basic Fundamental Aquatics Skills* – In a supportive environment, adults learn the fundamentals of swimming or perfect stroke technique. Instructors tailor swim instruction to fit each individual needs. Prerequisite: none

PRE-SWIM TEAM: ages 11+; *Stroke Technique & Endurance* – Must have completed Level 5 or equivalent; introduction to concept of team and competitive swimming

WATER POLO: ages 8+; *Introduction to Water Polo* – Designed to introduce the fundamentals of water polo; teaching the necessary skills required to begin playing competitive water polo, including passing, dribbling, shooting, treading water, head-up swimming, basic rules, and conditioning.

JUNIOR LIFEGUARDS: ages 11-14; *Introduction to Lifeguarding* – Students will learn the skills and information necessary to qualify for the Lifeguard Training Program and will receive instruction in First Aid, Adult CPR, ARC Level 6 Lifeguard Readiness, and Water Safety Instructor Aide. Portions of the class allow students to qualify for Boy & Girl Scout Merit badges. Books will be provided for class use only, but can be purchased for an additional fee. This course **does not** satisfy the California state requirements necessary to be a lifeguard. Level 5 skills or higher preferred.