



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Class Levels & Descriptions

Water babies (Ages 6mo.-3yrs): (Adult required in water)

Classes are taught as a combined class with parent accompanying the child in the water. Skills are introduced at the child's development level and build on each other as the child progresses. Parents learn basic teaching skills.

Beginner (Ages 3-7yrs) Parent & Child Class: (Adult required in water)

Increases comfort with underwater exploration and introduces basic self-rescue skills performed while accompanied by a parent. The goal of this class is to help our swimmers build enough confidence to be on their own for the next level.

Swimming and Water Fitness for Kids (NEW)

This program teaches kids how to be safe in, on or around water and will cover knowledge and skills needed for aquatic skill development. As participants develop these skills, not only will they become safer, better swimmers, they will also develop skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity. This program is suitable for participants who have passed Level 1 and possess the water competency to be able to maintain social distancing during the entire lesson. The Swimming and Water Fitness for Kids program is integrated into the following three levels:

Swimming/Water Fitness for Kids Level 2 (Ages 6-up): Water Movement

Encourages forward movement in water and basic self-rescue skills performed independently.

Swimming/Water Fitness for Kids Level 3 (Ages 6-up): Water Stamina

Develops intermediate self-rescue skills performed at longer distances than in previous stages.

Swimming/Water Fitness for Kids Level 4 (Ages 6-up): Stroke Introduction

Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke.

Level 5 - Flying Fish (Ages 7-13)

For children able to swim 50 yards front crawl with rotary breathing, back crawl, sidestroke and rudimentary breaststroke. Further refines breaststroke, butterfly, open turns and improves other strokes.

Level 6 - Shark (Ages 7-up)

For children able to swim 50 yards front crawl with rotary breathing, back freestyle and backstroke. Further enhances strokes so student swims with more ease, efficiency, power, and smoothness over greater distances.

PRE-SWIM TEAM (Ages 11-up)

Stroke Technique & Endurance – Must have completed Level 5 or equivalent; introduction to concept of team and competitive swimming

ADULT Lap Swim (Ages 18-up)

This is designed for Adults who would like to lap swim for exercise. Lifeguards will be available for any additional support

Water Exercise (Ages 16-up)

Instructors enthusiastically lead groups through water aerobics, core strength training movements and much more. Water fitness is ideal for all fitness levels, including non-swimmers, and anyone recovering from injuries