



Swim Lesson Guide:

Is my child ready for group lessons?

Is he/she able to:

- Sit on the side of the pool and not run away?
- Wait for his or her turn?
- Work comfortably with someone that he/she may consider a stranger?

If no, then consider private lessons, waiting until your child is ready, and/or please consult with one of our instructors.

If yes to all, then consider the following options.

Level 1: Introduction to Water Skills

(1 week session) Recommended for ages 3 – 5

This course will introduce students to basic skills such as:

- Entering/exiting the pool safely using the ladder, steps, or side
- Blowing bubbles through the mouth and nose
- Bobbing
- Opening the eyes underwater and retrieving objects
- While supported by instructor:
 - Basic floating positions (front and back)
 - Front and back glides, recovery to standing position
 - Roll from front to back, back to front
 - Tread with arm and hand action
 - Exploring different arm and leg movements

If your child can/will perform these skills and is comfortable working with an adult that is probably a stranger, then

go to Level 2

Level 2: Fundamental Aquatic Skills

(1 week session) Recommended for ages 4 - 6

This course will introduce students to basic skills such as:

- Entering the water by stepping or jumping from the side
- Exiting the water safely using ladder or side
- Bobbing (submerging entire head)
- Opening eyes to retrieve an object
- Without support from instructor:
 - Front and back floats and glides
 - Recover to a vertical position
 - Tread water using arm and leg action
 - Basic arm and leg motions for swimming on front and back (alternate and simultaneous arm and leg action)

If your child can/will perform these skills without support and is comfortable working with an adult that is probably a stranger, then

go to Level 3

Level 3: Stroke Development

(2 weeks session) Recommended for ages 5 – 8

This course will introduce students to:

- Jumping into deep water from the side
- Bobbing while moving towards safety
- Rotary breathing
- Survival and back float, change from vertical to horizontal position
- Treading water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

If your child can perform these skills without support, then

go to Level 4

Level 4: Stroke Improvement

(2 week session) Recommended for Ages 7 & Up

This course will introduce students to and/or refine:

- Swimming underwater
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Treading water using 2 different kicks
- Flutter and dolphin kicks on back
- Front crawl and elementary backstroke –better form than Level 3
- Back crawl, breaststroke, sidestroke, butterfly

