

Swim Lesson Level Descriptions

Level 1 Introduction to Water Skills *(Recommended for Ages 3 & up)*

Designed for the *non-swimmer* who wishes to develop swimming readiness. Skills taught: Balance, breath control, supported floating, alternating arm action, proper body positioning, underwater comfort, kicking on front/back.

Level 2 Fundamental Aquatic Skills *(Recommended for Ages 4 & up)*

Designed for the beginner who is *comfortable* in the water and ready to swim. Skills taught: Breath control, floating front/back, combined stroke on front, supported stroke on back, proper body positioning, supported gliding, retrieving submerged objects.

Level 3 Stroke Development *(Recommended for Ages 6 & up)*

Designed for those who have completed Level 2 (or equivalent), and *swimming on their own*. Skills taught: Side breathing, changing directions, refine front and back crawl, intro to butterfly, breaststroke, treading water, sitting and kneeling dives.

Level 4 Stroke Improvement *(Recommended for Ages 8 & up)*

Designed for those who have completed Level 3 (or equivalent) and is ready to refine strokes and development stamina. Skills taught: Alternate breathing, open turns, scissor kick, treading water, butterfly, refined breaststroke, standing dive.

Level 5 Stroke Refinement *(Recommended for Ages 10 & up)*

Designed for those who can demonstrate the four main strokes (freestyle, backstroke, breaststroke and butterfly) and can swim 25 yards continuously. Skills taught: Endurance, starts & finishes, sidestroke, competitive stroke refinement, front flip turns, advanced diving.

Level 6 Swimming & Skill Proficiency *(Recommended for Ages 10 & up)*

Designed for those who completed Level 5 (or equivalent) and would like to continue to strengthen their skills for fitness or competitive swimming.

Private & Semi Private Lessons

Private and Semi Private Lessons are customized to each swimmers ability and comfort level.

Skills from multiple levels may be taught at the same time.

Your coach will develop a lesson plan with a specific skill set based on your swimmers current ability.

Group Lessons

Specific level skills are taught during Group Lessons.

Some levels may be combined in the same lesson (Example: Level 1-2 class would teach skills from both levels).

Group Lessons are not recommended for swimmers who will not submerge, have a fear of the water, or do not work well in a group setting.