

**Infant/Toddler** swim lessons are geared to children age 6 months to 3 years. This is a parent-child class so an adult must accompany each student enrolled in the class.

**Preschool** swim lessons are for children ages 3-5 years and are designed for the child to participate independently (parent does not get in the water with the student). Prerequisite: The student must be comfortable being apart from the parent.

**Level 1** swim lessons are designed for children who have not taken swim lessons before, may just be learning to put their face in the water, or may be timid about swimming. No prerequisites are required. The majority of students in this class are generally 5-6 years old.

**Level 2** swim lessons are designed to teach the student how to float independently on belly and back. Children learn the basics for swimming front and back crawl. Prerequisites: Children must be accustomed to putting their face under the water. The student should be comfortable floating independently with or without a little support, and able to bob to the bottom of the pool.

**Level 3** swim lessons are designed to teach the student how to swim front crawl using a rhythmic breathing pattern. They will continue to develop elementary back and treading techniques and learn butterfly kick. Prerequisites: Children should be able to swim 10 yards independently. The student should also be able to swim freestyle (big arm circles with the face in the water).

**Level 4** swim lessons are designed to teach the student how to swim breaststroke. Students will continue to develop freestyle, elementary backstroke, back crawl, and butterfly stroke techniques. Prerequisites: Children should be able to swim 15 yards freestyle and execute a head first entry into the water. The student should also be familiar with the "frog kick" technique for breaststroke.

**Level 5** swim lessons are designed for stroke refinement. Student will learn to execute a flip turn, perform a shallow dive, and tread water. Prerequisites: Student must be able to swim freestyle, backstroke, breaststroke, and butterfly.

**Level 6** swim lessons are designed to improve the student's swimming and skill proficiency