

SWIM LESSONS LEVELS

TERRIFIC TOTS

TURTLE

If your young swimmer is comfortable in the water without your assistance, this class is for them. Our instructors will work with your child on basic safety skills and building confidence in the water.

Through games and structured play, your child will practice blowing bubbles, front and back floats, arm movement, face submersion, and more. This class is designated to provide your child with the skill set they need to be successful as they advance through our swim lesson program.



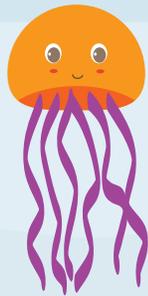
LEVEL 1 SEAHORSE

Teaching focuses on safety skills, supported front and back floating, supported proper (straight leg, pointed toe) kicking on front and back, beginner front and back crawl, and full-face submersion with underwater exhalation.



LEVEL 2 JELLYFISH

Students in this level must be comfortable in the water and have some prior familiarity with swim lessons. Teaching continues to build skills in unsupported floating and proper (straight leg, pointed toe) kicking, streamline gliding, rhythmic breathing, and basic front crawl and back crawl strokes.



LEVEL 3 PLATYPUS

Students in this level must be independent swimmers who do not need the assistance of an instructor for a minimum of 10 yards using a competent front crawl stroke with proper kicking. Teaching will improve your child's unsupported front and back crawl strokes, front and back glides, rhythmic breathing, water-treading skills, and includes an introduction to unassisted deep-water work, whip kick and diving.



LEVEL 4 SEA LION

Students in this level must be able to competently swim one length (25 yards) of the lap pool using a proper front crawl stroke. Teaching reinforces correct front and back crawl stroke techniques while working on beginning to build swimming endurance. Instructors will also introduce breaststroke, as well as focus on intermediate survival skills, diving, and deep-water safety.



If you've noticed your child not only loves to swim, but loves to swim fast, this program is a great way to see if competitive swimming is right for them. They will continue to work on the four competitive strokes, starts and turns in a supportive, positive environment that focuses on sportsmanship, self-confidence, and mental preparedness.

This class is offered 3x per week. If you have not been through our program before, an evaluation may be done to place your swimmer in this program.



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