

Swim Lesson Level Guide

Use this guide to assist in finding the best level for your child

If unsure, please register your child for a lower level lesson. We recommend all returning students begin in the same level in which they ended last summer.

Parent and Me



This is a parent participation class. 10:1 Ratio. This will introduce holds, water safety skills, and fun games to improve comfort in the water.

Tiny Tots



No previous lessons needed. This class will introduce blowing bubbles, going under water, floats, body movement, safety skills, jumping in, kicking, streamline, and games. Ratio 3:1, ages 3-5yrs

Level 1-3



Students will be tested on the FIRST day. Participants will learn water comfort, floats, kicking, body and arm movement, jumping in, streamline, arm movement, rhythmic breathing, safety skills. Ratio 6:1, ages 6+

Level 4-5



Must be able to swim 25 yards crawlstroke, 15 yards back stroke, side breathing, and kneeling dives. Will introduce other strokes, treading water, standing dives, safety skills, and increase endurance. Ratio 6:1, ages 6+

Pre-Comp



Must know all crawl stroke, backstroke, breaststroke, and butterfly. Will work on competitive technique, endurance, turns, and racing dives. Ratio 6:1

Exceptional Needs



This is a parent participation class. Designed for participants with special needs who wish to participate in a group lesson format. 3:1 Ratio. Instructor will work with parent and child on skills at their level.

Adult



Students will be tested on the FIRST day. Instructor will work with participants on skills at their level.

Any Questions call us at
916-991-5929