

SWIM LESSON LEVELS

* Water Exploration: (Ages 4-6)

Child will learn swimming development skills such as proper body position, kicking and rhythmic breathing.

** Primary Skills (Ages 4-6)

Child will learn swimming readiness and self rescue skills such as face immersion, floating, kick and arm stroking.

*** Stroke Readiness (5 & Over)

Pre-requisites: Child can perform modified front and back strokes 5 yards and will fully submerge head for 3 seconds. Child will learn front and back crawl and elementary backstroke and beginning diving.

**** Stroke Development (5 & Over)

Pre-requisites: Child can coordinate front crawl with rhythmic breathing and backstroke 10 yards and perform elementary backstroke kick. Child will increase swim distances in front and back crawl and elementary backstroke and learn breaststroke and sidestroke.