

Levels: *How to choose the level you need:*

Little Tikes

Infant and Preschool:

These 30 minute lessons are designed to develop a comfort level in and around the water and a readiness to swim. Parent or guardian must accompany child in water.

Infant/Toddlers (6 months-2 years)

Water activities and work on supported movement elementary forms of propulsion, using flotation devices effectively, appropriate water safety skills and parent safety skills. Parent or guardian must accompany child in water.

Level 1 (Water Exploration)

Fully submerge face and blow bubbles; support floating and kicking on front and back alternating arm action; water safety rules; how to get help in an emergency; how to perform reaching assists without equipment; how to use a life jacket.

Level 2 (Primary Skills)

Floating and kicking front and back rhythmic breathing; combined stroke on front and back; back crawl; turning over; reaching and extension assist; rescue breathing

Level 3 (Stroke Readiness)

Back crawl; elementary backstroke kick; coordinated arm stroke with breathing for front crawl; tread water, dive from poolside; self rescue skills and rescue breathing.

Level 4 (Stroke Development)

Develop confidence and competency in front crawl with rotary breathing; back crawl; elementary backstroke; scissors; kick deep water bobbing; turns at the wall; poolside diving from stride standing positions.

Level 5 (Stroke Refinement)

Refinement of breaststroke; sidestroke; front and back crawls; elementary back, butterfly; alternating breathing; standing front dive from board; long shallow dive

Level 6 (Skill Proficiency)

Develop maximum efficiency and endurance

Level 7 (Advanced Skills)

Incorporating swimming skills and activities into lifetime fitness; springboard dive in tuck and pike positions; in water rescue techniques utilizing equipment; conditioning principles; basic safety skills with backboard rescue.