

LEVEL PROGRESSIONS

Parent Child

(ages 6 months-3 years)

This class is designed to familiarize children with the water and teach swimming readiness skills through exciting activities, games and songs. Each child must be accompanied by an adult in the water, and a swim diaper must be worn. (1:10 ratio)

Preschool

(ages 3-5)

Levels 1-4

Preschool

Level 1

1:5 ratio

Level 1—
I'm a beginner ready to learn fundamental skills of swimming (floating, gliding, kicking, submerging).

Preschool

Level 2

1:5 ratio

Level 2—
I can put my face in the water and can float & swim with some assistance. I need to practice swimming longer durations with some assistance, and begin working on independence.

Preschool

Level 3

1:6 ratio

Level 3—
I can submerge underwater and have practiced swimming short durations by myself. I need to practice swimming with my arms and legs on the front and back independently and with improved coordination.

Preschool

Level 4

1:6 ratio

Level 4—
I can float by myself and swim Front Crawl and Back Crawl independently for a short distance. I need to practice breathing properly and swimming further distances.

Learn to Swim

(ages 5-13)

Levels 1-6

1

Learn to Swim

Level 1

1:6 ratio

Level 1—
I'm a beginner looking forward to learning fundamental skills of swimming (floating, treading, swimming independently).

Learn to Swim

Level 2

1:6 ratio

Level 2 —
I can swim independently for a short distance, but still need to improve Freestyle & Backstroke technique.

Learn to Swim

Level 3

1:6 ratio

Level 3 —
I can swim Freestyle (with side breathing) & Backstroke but I need to learn Breaststroke & Butterfly.

Learn to Swim

Level 4

1:6 ratio

Level 4—
I can swim Free, Back & Breast but need to improve Breast & Fly technique and practice diving.

Learn to Swim

Level 5

1:8 ratio

Level 5—
I can swim 25 yards of each competitive stroke. I need to work on stroke refinement, endurance, flip turns and diving from the block in the competition

Learn to Swim

Level 6

1:8 ratio

Level 6—
I have strong endurance and I can dive & swim in deep water. I need to fine-tune strokes, turns, and finishes to prepare for a swim team.

Adults

(ages 13+)

2 Levels

Adult Basics (1:6 ratio)— I'm a beginner ready to learn the fundamental skills of swimming, as well as swimming the basic strokes independently.

Adult Stroke Development (1:8 ratio)— I am comfortable swimming 25 yards independently. I need to work on stroke refinement, endurance, flip turns and diving from the diving block in the competition pool.