

Class Descriptions

The descriptions below illustrate the skills your child should have in order to sign up for each class.

Parent and Child -Any child between 6 months and 2 years of age qualifies for this class. This class is designed for parents looking to familiarize their child with the water and increase their child's comfort level in the water. Parents are in the water with their children in this class and learn how to keep their child safe in and around the water.

Preschool Level 1 – Any child ages 3-5 qualifies for preschool classes. Preschool level 1 is for children who have little to no experience in the water and are looking to build comfort levels while learning basic breath control and floating skills.

Preschool Level 2 – This class is for students who are comfortable getting in the water but need instruction on basic swimming skills such as floating, breath control, and basic arm/leg actions.

Preschool Level 3 – This is the highest preschool class and is designed for students who have had experience in lessons and are comfortable putting their face in the water. This level builds on the fundamental swimming skills taught in preschool level 2.

Level 1 – Any child 6 years of age and up qualifies for our Learn to Swim levels. Level 1 is for children who are looking to learn basic swimming skills and will submerge their face and head in the water during skills. The instructor supports all skills at this level.

Level 2 – Your child should be comfortable in the water and be able to front and back float on their own. Students will start to combine arm and leg actions to swim 3-5 body lengths.

Level 3 – Your child should be able to swim WIDTHS of the pool to be in level 3. The fundamentals of the strokes may need work, but they should be able to make it across the width independently.

Level 4 – This level is about stroke development. Your child should be able to swim a length of a pool at a time and have a basic understanding of all 6 swimming strokes though they may be a bit choppy at times.

Level 5/6 – This level is for experienced swimmers who are looking for conditioning and stroke refinement. Your child should be able to swim multiple lengths of the pool and know the basics of all strokes.