

NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	CLASS DESCRIPTION	SKILLS
	<p>LEVEL 0: FROGS & TADPOLES</p> <p>Parent and child will learn to enjoy the water together in this class. Taught by a certified professional, parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p> <p>Limited to children 9-36 months old.</p>	<p>Water safety, proper use of flotation devices, water acclimation, movement through water, floating in the water, blowing bubbles, and more. Parent and child are welcome to participate in this class until the child is 3-years-old and comfortable moving to the Flounder class on their own.</p>
	<p>LEVEL 1: FLOUNDER</p> <p>FOCUS: Water Acclimation, Submersion, Air Exchange. Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p>	<p>Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>
	<p>LEVEL 2: JELLYFISH</p> <p>FOCUS: Body Position, Forward Momentum. Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p>	<p>Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>
	<p>LEVEL 3: OCTOPUS</p> <p>FOCUS: Coordination, Strong Flutter Kick, Introduction to Competitive Kicks. Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.</p>	<p>Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>
	<p>LEVEL 4: CLOWNFISH</p> <p>FOCUS: Stroke Refinement (Freestyle and Backstroke), Introduction to Competitive Strokes. Child will work to improve their freestyle and backstroke while learning all 4 competitive strokes. Emphasis will be placed on developing strokes that are swim meet legal.</p>	<p>Strong freestyle and backstroke, strong kicks (flutter, butterfly, breaststroke), novice breaststroke and butterfly, tread for 1 minute, standing dives, surface dives, flip turns, and safety skills.</p>
	<p>LEVEL 5: SEAHORSE</p> <p>FOCUS: Stroke Refinement, Endurance. Child will refine all 4 competitive strokes while gradually increasing strength and endurance in each stroke. The ultimate goal is to swim each of the four competitive strokes legally for the specified distance.</p>	<p>50-meter freestyle, 50-meter backstroke, 25-meter butterfly, 25-meter breaststroke, 100-meter continuous swim, tread/swim/tread, eggbeater kick, flip turns, and safety skills.</p>