

Not Sure What Level To Sign Your Child Up For?

Level 1: Child will become comfortable in the water through games and will learn basic water safety skills in addition to water submersion and floating with support.

SKILLS: Independent moving through water, floating on front and back, recovery from floating position, nose/mouth bubbles, introduction to BOBS, and age-appropriate safety skills.

Level 2: Child will expand on the skills learned in level 1 and learn to be in the water unassisted in both front and back positions while learning to move themselves through the water using arms and/or legs.

SKILLS: Floating, gliding, streamline body position, recovery, BOBS, submersion, flutter kick, introduction to freestyle arms, sit dives, and safety skills.

Level 3: Child will learn fundamental freestyle and backstroke skills with emphasis placed on coordination and timing of the strokes as well as development of a strong flutter kick.

SKILLS: Freestyle, backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.

Level 4: Child will improve freestyle and backstroke while learning breaststroke and butterfly.

SKILLS: Freestyle, backstroke, breaststroke, butterfly, treading 1 minute, standing dives, flip turns, and safety skills.

Level 5: Child will refine freestyle, backstroke, breaststroke, butterfly,

SKILLS: 50-meter freestyle, 50-meter backstroke, 25-meter butterfly, 25-meter breaststroke, 100-meter swim (any stroke), tread/ swim/ tread, flip turns, safety skills.