

Swim Level Descriptions

- Parent/Child:** Children enjoy water related activities while learning to feel safe in the water. One adult must be in the water with their child at all times.
- Level 1:** This is an introduction to water skills class. Students will learn skills such as bobs, glides, back floats, front floats, flutter kicks and scoops. The exit assessment skills can be performed with assistance.
- Level 2:** This is a fundamental aquatics skills class. Students will learn to independently tread water, float on their back/front and swim on their front/back.
- Level 3:** This is a stroke development skill class. Students will learn to independently tread water, jump into deep water, and be introduced to strokes such as elementary backstroke and front crawl.
- Level 4:** This is a stroke improvement class. Students will learn to swim front crawl for 25 yards, change direction and swim elementary backstroke for 25 yards. Students will also be introduced to strokes such as breaststroke, butterfly, sidestroke and how to perform open turns.
- Level 5/6:** This is a stroke refinement class. Students will work on shallow angle dives, swimming 50 yards of front crawl and elementary backstroke, learn proper turns, and refine breaststroke and back crawl. This is an advanced options class. Student will work on all swim strokes and skills, along with work towards being able to swim 20 laps continuously.