

SWIM SCHOOL

WHERE DOES MY KID BELONG?



Level 1 (age 3yrs, Parent / Child Class)

Students are new to the water and / or are timid about putting their faces in water. Parents will assist their child in the water with the following:

- Getting face wet
- Blowing bubbles
- Opening eyes underwater
- Jump in
- Back float assisted
- Streamline front kick assisted



Level 2 (age 4yrs & up)

Students are comfortable and confident in the water, but still non-swimmers. Instructors will prepare students to begin stroke training for the front and back strokes in level 3.



Level 3 (age 5 & up)

Swimmers have not yet learned to swim freestyle or backstroke. Instructors will emphasize freestyle, backstroke, bilateral breathing, dolphin kick and introduce the breaststroke kick. Students will also be educated on safety in and around the pool.



Level 4 (age 5 & up)

Students have passed all level 3 skills including bilateral breathing, elementary backstroke and dolphin kick. Instructors will emphasize coordination of breaststroke and further develop the freestyle and back strokes.



Level 5 (age 6 & up)

Students have passed all intermediate swimming skills. Instructors will emphasize legal starts, turns and finishes for all strokes and develop butterfly coordination. In addition endurance will also be developed in preparation for students to enter into the next level of swimming.