

Parent & Child (6 months+):

Parents are taught techniques to aid in their child's swimming skill development using games and other fun methods. Parents are taught water safety messages to reinforce with their children including asking permission before entering water, prompts for encouraging safe entries into the water, and more. Submerging a child under the water briefly is discussed but not required.

Preschool (3-5 years old)

Preschool 1: Swimmers in this level learn to be comfortable in the water by playing games while working on basic skills like blowing bubbles and putting their faces in the water. Instructors utilize the wading pool for a large portion of this class. Students are introduced to water safety topics, which is integral in all future classes but is specifically emphasized in this level.

Preschool 2: Swimmers work on practicing their floating, kicking, and paddling skills along with gaining confidence in the water.

Preschool 3: Swimmers refine their floating, kicking, and paddling skills and learn to swim a short distance without the use of a floatation device.

School-Age (must be 5+ years old)

Level 1: Introduction to Aquatic Skills (non-swimmers) Introduces basic aquatic skills. The main goal of this level is to develop positive attitudes, effective swimming habits, and safe practices in and around water.

Level 2: Fundamentals of Aquatic Skills (Beginners) Children learn to glide and float without support and develop simultaneous and alternating arm and leg actions on front and back. Safety skills are reinforced.

Level 3: Stroke Development (Intermediate) Swimmers expand proficiency in previously taught skills and learn front crawl and elementary backstroke at rudimentary proficiency levels. Introduction of scissors and dolphin kick.

Level 4: Stroke Improvement (Intermediate) Children increase endurance in all skills and learn sidestroke and breaststroke. Begin learning butterfly, diving, and open turns.

Level 5: Stroke Refinement (Advanced) Swimmers refine performance of all six strokes and increase endurance. Children also learn flip turns on front and back.

Level 6: Skill Proficiency (Advanced) Swimmers develop endurance, learn fundamental springboard diving, fitness swimming, and rigorous personal water safety skills.