



## SWIMMING LEVELS

LEVEL	COURSE DESCRIPTION
STARFISH	<p>Introductory class for infants and their Parent/Guardian. Instructor leads you and your child through songs and games. The goal of this course is to experience buoyancy, movement and entries in the water.</p> <p>Age Level: 4 to 12 months</p> <p>Ratio 1: 10 infant/adults, 30 Min Class</p>
DUCK	<p>Introductory class for infants and their Parent/Guardian. Instructor leads you and your child through songs and games. The goal of this course is to experience buoyancy, movement and entries in the water.</p> <p>Age Level: 12 to 30 months</p> <p>Ratio 1: 10 infant/adults, 30 Min Class</p>
SEA OTTER	<p>Introductory class for preschoolers who have not taken any form of formal swimming lessons. This Level develops skills in swimming, glides, safe entry and floating in the water. This class is not parented.</p> <p>Age Level: 3-5</p> <p>Ratio 1:4, 30 Min Class</p>
SALAMANDER	<p>Preschoolers actively learn new swimming skills, safety rules, assisted entries, chest deep-water activities, floats &amp; glides, and rhythmic breathing. Children must complete Sea Otter to enter this level.</p> <p>Age Level 3-5</p> <p>Ratio 1:4, 30 Min Class</p>
SUNFISH	<p>Preschoolers learn safety rules, unassisted entries, chest deep-water activities, floats &amp; glides rhythmic breathing, Distance 5m swim, stroke and skill development. Children must complete Salamander to enter this level. Also note children that have completed this level and are 5 years of age can advance to SK 2.</p> <p>Age Level 3-5</p> <p>Ratio 1:4, 30 Min Class</p>
CROCODILE	<p>Preschoolers learn to use PFD's in deep water, Rhythmic breathing 10 consecutive times, surface support 10 sec, side glides and kick 1m, Distance 10m swim and stroke development. Children must complete Sunfish to enter this level. Also note children that have completed this level and are 5 years of age can advance to SK 3.</p> <p>Age Level 3-5</p> <p>Ratio 1:4, 30 Min Class</p>
WHALE	<p>Preschoolers learn kicking drills, Surface support 20 sec, Front crawl 7m, Continuous swim 10m, and stroke development. Children must complete Crocodile to enter this level. Also note Children that have completed this level and are 5 years of age can advance to SK 3.</p> <p>Age Level 3-5</p> <p>Ratio 1:4, 30 Min Class</p>



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SWIM KIDS 1	<p>Introductory class for children who have not taken any form of formal swimming lessons. This level develops skills in swimming, glides, safe entry and floating in the water. Children entering this level must be 5 years of age.</p> <p>Age Level 5+</p> <p>Ratio 1:6, 30 Min Class</p>
SWIM KIDS 2	<p>Safety rules, unassisted entries, deep-water activities (assisted), side glide and kick 3m (assisted) rhythmic breathing, 10m swim. Students must complete SK 1 or Sunfish before entering this level and be at least 5 years of age.</p> <p>Ages 5+</p> <p>Ratio 1:6, 30 Min Class</p>
SWIM KIDS 3	<p>Surface support 20 sec, sitting dives, front/side glide combinations, front crawl 5m distance 15m swim. Students must complete SK 2 or Crocodile/Whale before entering this level and be at least 5 years of age.</p> <p>Ages 5+</p> <p>Ratio 1:6, 30 Min Class</p>
SWIM KIDS 4	<p>Kneeling dives, surface support 45 sec, front crawl 10m, Distance swim 25m. Students must complete SK 3 before entering this level.</p> <p>Recommended age for this level is 6+</p> <p>Ratio 1:6, 30 Min Class</p>
SWIM KIDS 5	<p>Tread water 1 min, Stride Dive, Front and Back Crawl, intro to Whip kick on back, Distance swim 50m. Students must complete SK 4 before entering this level.</p> <p>Recommended age for this level is 6+</p> <p>Ratio 1:6, 30 Min Class</p>
SWIM KIDS 6	<p>Sculling, Front Dives, front and Back crawl, intro to Elementary back stroke, Distance 75m swim. Students must complete SK 5 before entering this level.</p> <p>Recommended age for this level is 7+</p> <p>Ratio 1:6, 40 Min Class</p>
SWIM KIDS 7	<p>Choking (partial &amp; complete) eggbeater, front and Back crawl, intro whip kick on Front, Distance 150m swim. Students must complete SK 6 before entering this level.</p> <p>Recommended age for this level is 7+</p> <p>Ratio 1:6, 40 Min Class</p>



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LEVEL	COURSE DESCRIPTION
SWIM KIDS 8	<p>Stride Dives, Rescue Breathing, eggbeater 3 mins, surface Dives, intro to breaststroke, Distance 300m swim. Students must complete SK 7 before entering this level.</p> <p>Recommended age for this level is 8+</p> <p>Ratio 1:6, 40 Min Class</p>
SWIM KIDS 9	<p>Wise Choices and Peer Influence, Self-Rescue (ice), shallow dives, distance 400m. Students must complete SK 8 before entering this level.</p> <p>Recommended age for this level is 8+</p> <p>Ratio 1:6, 40 Min Class</p>
SWIM KIDS 10	<p>Sun smart, sidestroke, surface dives with under water swim, Next steps, Strokes, Distance 500m swim. Students must complete SK 9 before entering this level.</p> <p>Recommended age for this level is 8+.</p> <p>Ratio 1:6, 40 Min Class</p>