



GROUP SWIM LESSON LEVELS

6 months - 35 months

These Parent Tot swim lessons offer an introduction to swimming where parent and child participate in water adjustment and motor skills.

3 years - 5 years

Beginner (3 yrs – 5 yrs)

Introduction to swimming. This level focuses on motor skills, face in the water, blowing bubbles, holding breath, going underwater & jumping in the pool unassisted.

Intermediate (3 yrs – 5 yrs)

For children who are comfortable, confident & already going underwater unassisted while holding their breath. This level focuses on teaching unassisted swimming for 5-15ft. This level also focuses on beginner's freestyle & intro to backstroke.

6 years - 9 year

Beginner (6 yrs – 9 yrs)

Intro to swimming for non-swimmers or those who swim less than 20ft. This level focuses on comfort in the water, modified freestyle & independent swimming.

Intermediate (6 yrs – 9 yrs)

For students who swim 20ft. unassisted. This level focuses on teaching freestyle & backstroke techniques & swimming a distance of 25yds.

10 years - 14 years

Beginner (10 yrs – 14 yrs)

Intro to swimming for non-swimmers or those who swim less than 20ft. This level focuses on comfort in the water, modified freestyle & independent swimming.

Intermediate (10 yrs – 14 yrs)

For students who swim 20ft. unassisted. This level focuses on teaching freestyle & backstroke techniques & swimming a distance of 25yds.