Swim Lessons Class Descriptions

Level	Class Descriptions
Parent/Tot	Introduction to water adjustments through parental interaction. Safety and enjoyment are emphasized.
Pre-Level 1	Ages: 3-4. Introduction to water skills. Learn basic water adjustment skills.
Pre-level 2	Ages: 3-4. Prerequisite: Completion or demonstration of Pre-level 1 skills.
Level 1	Ages 5 and older. Introduction to water skills. Learn basic water adjustments skills.
Level 2	Ages 5 and older. Prerequisite: Completion or demonstration of Level 1 skills.
Level 3	Ages 5 and older. Stroke Development. Learn coordination or front/back crawl, elements of advanced strokes and treading water. Prerequisite: Completion or demonstration of Level 2 skills.
Level 4	Ages 5 and older. Stroke improvement. Increase endurance of front/back crawl, build on advanced strokes. Flip turns introduced. Prerequisite: completion or demonstration of Level 3 skills.
Level 5	Ages 5 and older. Stroke refinement. Refine performance of all strokes, increase distance and endurance. Flip turns. Prerequisite: completion or demonstration of Level 4 skills.
Level 6	Ages 5 and older. Swimming and skill proficiency. Swim team preparation. Endurance and skills are refined. Starts and turns. Prerequisite: Completion or demonstration of Level 5 skills.