

**“Which Class Should I Take?”** → **Class descriptions** below are a guide to choose the best class registration option for the student based on their age and current skills. Free level evaluations are available, upon request.

**“When Do I Move Up?”** → **Promotion** is awarded once all current level skills are consistently mastered and the instructor feels the student is ready for higher challenges. Students do not automatically move up to the next level. A detailed **certificate**, listing all skills covered (those mastered by the student and those still in progress) is given on the last day of each session.

**“I Finished My Session, Now What?”** → **Level recommendations** given on the week before the last class of each session to notify you which level the swimmer(s) may enroll in for the next session. If you have registered for a different level than what has been recommended, you will need to contact the office to make appropriate changes. Those recommendations are valid for up to two (2) months., after that time the swimmer’s skills may relapse.

## 6 MONTHS – UP TO 3 YEARS

### Infant/Toddler (INF/TOT):

Parent and child participate in water adjustment, basic motor skills and beginner swimming skills.

Location: Small Pool

## 3 YEARS - 5 YEARS

### Preschool Levels:

#### Preschool 1 (PS1) – Class Size Limit: 4

Beginner level with introduction to swimming. This level will focus on motor skills, getting comfortable with face in the water, blowing bubbles, holding their breath, going under water & jumping in the pool.

Location: Small Pool

#### Preschool 2 (PS2) – Class Size Limit: 4

For children who are comfortable, confident and already going underwater unassisted and holding their breath. This level will focus on teaching unassisted swimming for 5-10 ft.

Location: Small Pool

#### Preschool 3 (PS3) – Class Size Limit: 5-6

For children who can already swim 5-10 ft. unassisted. This level will focus on beginner’s freestyle, arm recovery and introduction to backstroke.

Location: Small Pool

#### Preschool 4 (PS4) – Class Size Limit: 5-6

For children who can swim 40 ft. unassisted with independent breathing and beginner’s freestyle. This level focuses on increasing swimming distance to 25 yards, rotary breathing and backstroke.

Location: Small Pool or Tub Lane

## 5 YEARS - 12 YEARS

### Grade School & Pre-Competitive Levels:

#### Grade School 1 (GS1) – Class Size Limit: 4

Introduction to swimming for non-swimmers and those who swim a distance of less than 40 ft. This level will focus on teaching a modified freestyle and backstroke with a focus on independent swimming.

Location: Tub Lane

#### Grade School 2 (GS2) – Class Size Limit: 5-6

For those students who can swim a distance of 40 ft. unassisted freestyle and backstroke. This level will focus on teaching side breathing, freestyle and backstroke techniques for swimming a distance of 25 yards.

Location: Tub Lane or Big Pool

#### Grade School 3 (GS3) – Class Size Limit: 6

For those students who can correctly swim freestyle and backstroke for 25 yards. This level will focus on endurance building techniques, and intro to breaststroke, butterfly and diving.

Location: Tub Lane or Big Pool

#### Pre-Competitive 1 (PC1) – Class Size Limit: 6

For students who have strong skills and endurance in freestyle and backstroke. This level will teach legal breaststroke and butterfly.

Location: Tub Lane or Big Pool

#### Pre-Competitive 2 (PC2) – Class Size Limit: 6

For students who can swim all four (4) strokes legally and proficiently. This level will focus on introduction to competitive techniques and preparing for swim team.

Location: Tub Lane or Big Pool

## 13 YEARS AND UP

### Adult levels:

**Adult Beginner (AB)** – This is a beginner’s level that will focus on teaching unassisted swimming with a modified stroke. The goal is to be able to swim 2-3 laps unassisted with a beginner’s freestyle and/or backstroke. It is encouraged to communicate any specific goals to the instructor during the first class.

Class Size Limit: 4

Location: Tub Lane

**Adult Intermediate (AI)** – For teens and adults who already swim freestyle and backstroke looking to improve endurance. This level may teach breaststroke, butterfly and diving depending on the goals of the class.

Class Size Limit: 5-6

Location: Tub Lane or Big Pool

**Adult Stroke Clinic (ASC)** – For those who can proficiently swim 2-3 laps unassisted. This level will focus on improving stroke, techniques and distance. The level is geared towards teens and adults looking to join a club swim team. It is encouraged to communicate any specific goals to the instructor.

Class Size Limit: 5-6

Location: Tub Lane or Big Pool



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