



Class abbreviations, what do they mean?

The numbers stand for swim school levels. (Not the student's age, nor school grade.)

The letters are:

- **"A"** for Adult, ages 13 to adult
 - AB = Adult Beginner
 - AI = Adult Intermediate
 - ASC = Adult Stroke Clinic
- **"GS"** for Grade School, ages 6-12
 - GS1, GS2, GS3 = Grades School Levels One, Two, and Three
- **"PC"** for Pre-Competition, advanced swim team prep, ages 6-12
 - PC1, PC2 = Pre-Competition Levels One and Two
- **"PS"** for Pre-School, ages 3-5
 - PS1, PS2, PS3, PS4 = Pre-School Levels One, Two, Three, and Four
- **"INF/TOT"** for Infant/Toddler, ages 2 and under (6 months old minimum),
 - INF/TOT = Infant/Toddler, requires a parent/guardian in the water

Ok, How do I know which class level to take? ...

Depends on your age and skill level:

- *I'm a total beginner*

AB/Adult Beginner, GS1/Grade School Level One, PS1/Pre-School Level One, PS1/PS2/Pre-School Levels One & Two combo, or Infant/Toddler.

- *I can swim, but not sure about my technique*

If you are not yet able to swim a 40 feet distance (halfway across the 25-yard big pool) of both freestyle and backstroke without stopping or touching the bottom, you're still in the beginner stage, so depending on your age: *AB/Adult Beginner, GS1/Grade School Level One, PS1/Pre-School Level One, PS1/PS2/Pre-School Levels One & Two combo.*

- *I know freestyle and backstroke and can swim both about 40 feet, (half-way across the 25-yard big pool).*

AI/Adult Intermediate, GS2/Grade School Level Two, or PS4/Pre-School Level Four.



Ok, How do I know which class level to take? (continued) ...

- *I will train in deep water. I know freestyle and backstroke, and can swim both 25 yards, across the pool with correct technique.*

You're in a higher intermediate stage. **AI**/Adult Intermediate, **ASC**/Adult Stroke Clinic, or **GS3**/Grade School Level Three.

- *I have trained in deep water. I have strong endurance in freestyle and backstroke and may have been introduced breaststroke and butterfly.*

You're in the advanced stage. Welcome to swim team prep! **ASC**/Adult Stroke Clinic, **PC1**/Pre-Competitive Level One.

- *I can dive off a block, have trained in deep water, and have strong endurance in freestyle and backstroke, breaststroke and butterfly.*

You're in the most advanced stage. Fine-tune strokes, turns, and finishes with strength-building practice sets. **ASC**/Adult Stroke Clinic, **PC2**/Pre-Competitive Level Two.

- *I have legal strokes, turns and finishes for free/back/breast/butterfly, endurance trained in deep water and comprehend verbal practice sets.*

You're ready for a free/no obligation swim team evaluation. Please email Scot Davis scot@swimatlanta.com. Swimmers who can demonstrate all four legal strokes and is at least six years old is placed on a practice group based upon age and skill level.