

SWIM ATLANTA

HAMILTON MILL

WWW.SWIMATLANTA.COM

678-889-2039

Swim Lesson Level Descriptions:

Infant & Toddler (INF/TOT) 6 months – 3 years:

Parent and child participate in water adjustment and motor skills.

Preschool Levels (PS1, PS2, PS3, PS4) 3 years – 5 years:

PS1: Beginner level with introduction to swimming.

PS2: For children who are comfortable going underwater unassisted. Focuses on independent swimming.

PS3: For children who can swim 5-10 feet unassisted. This level focuses on beginner's freestyle, arm recovery, and backstroke.

PS4: For children swimming 20 feet unassisted.

Grade School Levels (GS1, GS2, GS3) 6 years – 12 years:

GS1: Introduction to swimming for those who swim less than 20 feet. Focuses on modified freestyle and independent swimming.

GS2: For students who swim 20 feet unassisted. Focuses on freestyle and backstroke technique and swimming up to 25 yards.

GS3: For students who can correctly swim freestyle and backstroke 25 yards. Focuses on endurance building and diving.

Pre-Competitive Levels (PC1 and PC2):

PC1: For students who have good skills and endurance in freestyle and backstroke. This level teaches butterfly and breaststroke.

PC2: For students who can swim all four strokes proficiently. This level focuses on competitive techniques and maintaining skills.

Adult Classes (Adult Beginner and Adult Stroke Clinic):

Adult Beginner (AB): This is a beginners level that will focus on teaching unassisted swimming with a modified stroke.

Adult Stroke Clinic (ASC): For those who can swim at least 25 yards unassisted. Focuses on improving stroke, technique, and distance.

Open Year-Round

**Swim Lessons,
Swim Team,
& Lap Swimming**

**Lessons for all
ages and skill
levels starting at
six months**

**Team for
competitive
swimmers**

**Free Level
Evaluations
Available**

**SWIM ATLANTA
HAMILTON MILL**

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*We are located in the
Family Festival Shopping
Center behind Tebo
Dentistry for Kids.*