

Cumming (Midway) Class Level Descriptions

INFANT & TODDLER CLASSES: 6 MONTHS – 3 YEARS (2.5 years talk to an employee for placement)

(Inf/Tot) Infant–Toddler

Parent and child participate in basic water adjustment and beginning skill activities.

PRESCHOOL CLASSES: Ages 3 Years – 5 Years

(PS1) Preschool #1

Introduction to swimming for non–swimmers. Emphasizing on basic safety and swimming skills.

(PS2) Preschool #2

For children who are comfortable and confident in the water. They are already going under and jumping in. This class focuses on independent swimming.

(PS3) Preschool #3

For children who are already swimming independently at least 5 feet. The class will teach freestyle with independent breathing and backstroke.

(PS4) Preschool #4

For children that can swim at least 20 feet of freestyle and backstroke. The children will learn advanced technique in freestyle and backstroke and rotary breathing.

GRADESCHOOL CLASSES: Ages 6 Years & 12 Years

(GS1) Gradeschool #1

Introduction to swimming for non–swimmers. This class emphasizes on basic safety and swimming skills, as well as independent swimming.

(GS2) Gradeschool #2

For children who are already swimming independently at least 5 feet. The class will teach freestyle with independent breathing and backstroke.

(GS3) Gradeschool #3

For children that can swim at least 20 feet of freestyle and backstroke. The children will learn advanced technique in freestyle and backstroke and rotary breathing.

(GS4) Gradeschool #4

For kids who can swim at least 25 yards of freestyle and backstroke and are ready for endurance building techniques and diving.

PRE-COMPETATIVE CLASSES: Ages 6 Years - 12 Years

(PC) Pre-Competitive

Teaches butterfly and breaststroke to those who are already competent in freestyle and backstroke.

ADULT CLASSES: 13 Years & UP

(ADULT) Adult Beginner

For the adult who wishes to learn the basics of swimming while focusing on proper breathing techniques and backstroke.

(ASC) Adult Stroke Clinic

For the adult who can swim freestyle and backstroke a minimum of 25 yards and are ready to focus on building endurance and strength. Butterfly and Breaststroke will be introduced.