

SWIM ATLANTA

SWIM LEVEL DESCRIPTIONS - CLASSES BASED ON AGE & SKILL LEVEL

LEVEL	DESCRIPTION	POOL
TOT Ages 18-35 Months WITH PARENT IN WATER	Swimming motor skills for toddlers. Requires a parent in the pool. Swimming Goal: foundational motor skills	SMALL
PRESCHOOL 1 (PS1) Ages 3-5 years BEGINNER	Face in water, blowing bubbles, breath-holding, going under water & jumping in the pool, Swimming Goal: foundational motor skills	SMALL
PRESCHOOL 2 (PS2) Ages 3-5 years BEGINNER	Floating, intro to freestyle & backstroke kick Swimming Goal: independent swim up to 5 ft.	SMALL
PRESCHOOL 3 (PS3) Ages 3-5 years INTERMEDIATE	Freestyle arm recovery, taking breaths, backstroke Swimming Goal: independent swim up to 15 ft.	SMALL
PRESCHOOL 4 (PS4) Ages 3-5 years ADVANCED	Side-breathing, roll-over backstroke, treading Swimming Goal: independent swim up to 25 yards	SMALL, BIG
GRADE SCHOOL 1 (GS1) Ages 6-12 years BEGINNER	Face in water, blowing bubbles, intro to floating, freestyle, backstroke, & treading water Swimming Goal: independent swim up to 40 ft.	BIG
GRADE SCHOOL 2 (GS2) Ages 6-12 years INTERMEDIATE	Gliding, side-breathing, backstroke, streamline Swimming Goal: independent swim up to 25 yards	BIG
GRADE SCHOOL 3 (GS3) Ages 6-12 years ADVANCED	Deep water and instruction from pool deck: intro to butterfly, breaststroke, & diving; endurance Swimming Goal: freestyle & backstroke 50 yards	BIG
PRECOMPETITIVE 1 (PC1) Ages 6-12 years SWIM TEAM PREP	Deep Water Swim Team Prep Swimming Goal: legal 100 yard medley swim: butterfly, backstroke, breaststroke & freestyle all four competitive strokes up to 25 yards each	BIG
PRECOMPETITIVE 2 (PC2) Ages 6-12 years SWIM TEAM PREP	Deep Water Swim Team Prep verbal practice sets, diving starts, turns & finishes, circle-swim, endurance Swimming Goal: all 4 strokes legal 50 yards each	BIG

ADULT BEGINNER (AB) Ages 13+ BEGINNER	Face in water, breath control, side-breathing, floating, freestyle, backstroke, & treading water Swimming Goal: independent swim up to 25 yards	BIG
ADULT INTERMEDIATE (AI) Ages 13+ INTERMEDIATE	Teen/Adult instruction from pool deck: gliding, streamline, freestyle & backstroke endurance; and if requested: breaststroke, butterfly, and diving Swimming Goal: freestyle & backstroke 50 yards	BIG
ADULT STROKE CLINIC (ASC) Ages 13+ ADVANCED	Deep water Swim Team or Masters Swimming Prep for Teens/ Adults instruction from pool deck: butterfly, breaststroke, verbal practice sets, diving starts, turns & finishes, circle-swim, endurance Swimming Goal: all 4 strokes legal 50 yards each	BIG