

Swim Lesson Registration Guide

Class	Age	Description	Requirements
Parent and Child	6 month-3 years	Parents and children play games that introduce basic introductory water skills such as blowing bubbles, breath control, kicking and floating	<ul style="list-style-type: none"> Parents must accompany child in the water at all times One child per parent
Preschool	3-5 years	Play based introduction to water.	<ul style="list-style-type: none"> No requirements
Level 1	6-14 years	Learning the basics while supported: floating, kicking, arm motions.	<ul style="list-style-type: none"> No requirements
Level 2	6-14 years	Encouraging swimming independence. Less assistance/ support. Skills development.	<ul style="list-style-type: none"> Must be able to put face in the water Must be able to float on front and back (<u>with minimal assistance</u>) Must be able to move forward on stomach (<u>with minimal support</u>)
Level 3	6-14 years	Stroke development.	<ul style="list-style-type: none"> Must be able to fully submerge Must be able to swim <u>front crawl</u> unassisted 10-15 yards Must be able to float on front and back unassisted

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Level 4	6-14+ years	Endurance development and stroke refinement	<ul style="list-style-type: none">▪ Must be able to swim the length of the pool▪ Must be able to tread water for 1 minute unassisted
Private/Semi-private	No age requirement: <ul style="list-style-type: none">▪ Youth▪ Adults▪ Special Needs	Based upon individual skill level	<ul style="list-style-type: none">▪ Semi private: both parties must be present to enroll▪ No online registration