

SWIM LESSON LEVEL DESCRIPTIONS

Ages 3 to 5 years – 30 minute classes

Little 1's (L1): This class is for inexperienced and/or cautious children. Children MUST be 3 years old by the first day of class. Children learn water management skills, independent movement with float and voluntary submersion of face to ears for 5 seconds. Ratio 3:1

Little 2's (L2): For children who move independently with face in water with float. Children MUST be 3 years old by the first day of class. Children learn to swim on stomach 10 feet without flotation, as well as back float with light touch. Ratio 4:1

Little 3's (L3): For children who can swim 10 feet with out a float and can float on back with light touch. Children MUST be 3 years old by the first day of class. Children learn to swim on stomach 15 feet with flip breaths without flotation, as well as back float for 1 minute. Ratio 4:1

Little 4's (L4): For children who can swim 15 feet without flotation. Children MUST be 3 years old by the first day of class. Children learn to swim 20 feet on stomach with flip breaths and 20 feet back swim without float. Children also learn back float for 2 minutes and underwater swimming. Ratio 4:1

Ages 5 to 7 years – 30 minute classes

Middle 1's (M1): Class for beginner swimmers. Children learn to swim 15 feet on stomach, tiger paddle using a float and 15 feet back float with a floatation, and be able to flip front to back with a floatation. Children also learn to jump in and swim back to the wall. Ratio 4:1

Middle 2's (M2): For children who can swim 15 feet on stomach with float and 15 feet on back with float, and be able to flip from front to back with float. Children learn to swim 20 feet/6 times on stomach with two flip breaths and swim on back 20 feet/6 times without flotation and underwater swimming. Ratio 4:1

Middle 3's (M3): For children who can swim 20 feet/6 times on stomach with two flip breaths and swim on back 20 feet/6 without floatation. Children learn to swim 30 feet /6 times front crawl with a stop breath, 30 feet/6 times backstroke and breaststroke arms. Ratio 4:1

Middle 4's (M4): For children who can swim 30 feet/ 6 times front crawl with a stop breath, 30 feet/6 times backstroke and breaststroke arms. Children learn to swim 40 feet/6 times front crawl with rhythmic breathing, 40 feet/6 times backstroke and breaststroke, 40 feet/2 times butterfly and vertical kick/skull with fins. Ration 4:1

Ages 7 to 13 years – 30 minute classes

Big 1's (B1): Class for beginner swimmers. Children learn 25 feet/6 times front crawl with flip breaths, 25 feet/6 times backstroke without flotation and underwater swimming. Ratio 4:1

Big 2's (B2): For children who can swim 25 feet/6 times front crawl with flip breaths and 25 feet/6 times backstroke without a float. Children learn to swim 40 feet/6 times front crawl with rhythmic breathing, 40 feet/6 times backstroke, breaststroke arms and a vertical kick/skull with fins. Ratio 4:1

Big 3's (B3): For children who can swim 40 feet/ 6 times backstroke and front crawl with rhythmic breathing, breaststroke arms and a vertical kick/skull with fins. Children learn to swim front crawl with steady kick and backstroke 60 feet/6 times, breaststroke 40 feet/6 times and butterfly 40 feet/6 times. Ratio 4:1