

# Welcome to Foss Swim School at Medina Golf & Country Club!!!

**Level 1:** This is for children who are just interested in lessons. We have 2 options for lessons: Our 2 week program which runs our 30 minute lesson on Monday, Tuesday, Thursday and Friday; or our once per week lessons on Tuesday evenings which runs our 30 minute lesson for 8 weeks. For lesson levels please refer to our description page on Little 1's thru Big 3's.

**Level 2:** This level would be in swim team 4 times per week. These swimmers will compete in swim meets on Wednesdays. **This level is for children who are proficient swimmers with front crawl and backstroke, and are able to swim 2 lengths of each.** For further details please refer to our lessons level description of Middle 2, Middle 3 and Big 1.

**Level 3:** This level would also be in swim lessons 4 times per week. These swimmers will compete in swim meets on Wednesdays. **This level is for children who are proficient swimmers in front crawl with a side breath, are able to swim backstroke and can make a good attempt at breastroke and butterfly.** These swimmers are able to swim 3 lengths of freestyle and backstroke, 2 lengths of breastroke and 1 length of butterfly. For further details please refer to our lessons level description of Middle 3, Middle 4, Big 2, and Big 3.

**Level 4:** This level would be on our swim team and practice 4 days per week with swim meets on Wednesday. **These swimmers are able to swim 5 lengths of all 4 strokes (butterfly, backstroke, breastroke, and freestyle).**

**Level 5:** This level would be on our swim team and practice 4 days per week. These swimmers will also have swim meets on Wednesday. Their training may also include 1/2 hour of dry-land training on the days of practice. **These swimmers are our most advanced swimmers who train all year round on other teams.**