Children’s Swim Program
Class Descriptions
(Updated Apr. 2015)

Parent/Tot
Age: 6-36 months
Time: 11:00 a.m. (Fall/Spring), 2:30 p.m. (Summer)

Description of Parent/Tot Class:
You and your child will:
- Be exposed to water adjustment activities
- Experience supported movement through water (on front and back)
- Be introduced to water safety skills appropriate for Parent/tot interaction

Pre-School
Recommended age: 3-5 years
Time: 10:00 a.m. (Fall/Spring), 1:45 p.m. (Summer)

Description of Pre-School Class:
Your child will learn the following:
- Learn how to blow mouth bubbles/get face wet
- Learn how to float on their front/back with support of an instructor
- Learn alternating kick movements (i.e. flutter kick)
- Learn alternating arm movements (i.e. front crawl/back crawl) with support of an instructor
- Practice swimming front crawl/back crawl with instructor in preparation for Level 1 courses
- Be exposed to water safety skills
**Level 1 (Pre-Beginner)**
Recommended age: 5 years and up OR has passed Pre-School
Time: 10:00 a.m. (Fall/Spring), 1:45 p.m. (Summer)

Before enrolling your child in this class, please assess your child’s skills on the following:
- Child can put their face in the water (at least mouth and nose)
- Child can float on front/back (with support)
- Child has been exposed to front crawl/back crawl arm and leg motions
If your child is not comfortable in the water doing the above, please enroll them in Pre-School.

Description of Level 1 Class:
Your child will learn the following:
- Enter and exit water on own (via pool side/ladder)
- Fully submerge mouth, nose and eyes under water for 5 seconds
- Floating on front and back both supported and unsupported
- Experience kicking motion (i.e. flutter kick) on front and back both supported and unsupported
- Learn alternating arm action (i.e. front crawl/back crawl arms)
- Learn basic water safety skills
- Learn how to use a Personal Floatation Device (PFD) in water

**Level 2 (Beginner)**
Pre-requisite to class: We recommend your child to have passed Level 1 (Pre-Beginner) class to enroll
Time: 11:00 a.m. (Fall/Spring), 2:30 p.m. (Summer)

Before enrolling your child in this class, please assess your child’s skills on the following:
- Child can put their face in the water (mouth, nose and eyes)
- Child can float on front/back on own with minimal support
- Child has been exposed to swimming on their front and back using arm and kicking motions and can do so with minimal support
If your child is not comfortable in the water doing the above, please enroll them in Level 1 (Pre-Beginner)

Description of Level 2 Class:
Your child will learn the following:
- Fully submerge head under water/retrieve objects under water
- Front and back float, unsupported
- Front and back glide, unsupported
- Flutter kick on front and back, with minimal support
- Swim front crawl (arm and leg motions) with minimal support
- Swim back crawl (arm and leg motions) with minimal support
- Learn bobbing underwater
- Learn how to properly tread water with minimal support
Level 3 (Advanced Beginner)
Pre-requisite to class: We recommend your child to have passed Level 2 (Beginner) before enrolling in this class.
Time: 10:00 a.m. (Fall/Spring), 1:45 p.m. (Summer)

Before enrolling your child in this class, please assess your child’s skills on the following:
- Your child can fully submerge their head underwater for 5 seconds
- Your child can float on their front and back independently
- Your child can swim front crawl (freestyle) without support
- Your child can swim back crawl (backstroke) without support
- Your child can tread water on own for 15 seconds

If your child is not comfortable in the water doing the above, please enroll them in Level 2 (Beginner).

Description of Level 3 Class:
Your child will learn the following:
- Jump properly into deep water
- Tread in deep water for 30 seconds
- Learn how to dive into deep water using a sitting and kneeling dive position
- Front and back glide off wall with no support
- Swim front crawl and back crawl with not support, 10 yards
- Learn rotary breathing (side breathing) for front crawl
- Introduce butterfly kick on front
- Learn safe diving rules

Level 4 (Intermediate)
Pre-requisite to class: We recommend your child to have passed Level 3 (Advanced Beginner) before enrolling in this class.
Time: 11:00 a.m. (Fall/Spring), 2:30 p.m. (Summer)

Before enrolling your child in this class, please assess your child’s skills on the following:
- Your child can swim front crawl (freestyle) with rotary/side breathing, 10 yards
- Your child can complete a dive in either the sitting or kneeling position
- Your child can swim back crawl (backstroke) for 10 yards

Description of Level 4 Class:
Your child will learn the following:
- Standing dive in either a compact or stride position
- Swim freestyle (front crawl) for 15 yards
- Swim backstroke (back crawl) for 15 yards
- Learn elementary backstroke
- Learn breaststroke
- Learn butterfly
- Learn scissor kick (in preparation for sidestroke)
- Tread water
Level 5 (Advanced Intermediate)
Pre-requisite to class: We recommend your child to have passed Level 4 (Intermediate) before enrolling in this class.
Time: 10:00 a.m. (Fall/Spring), 1:45 p.m. (Summer)

Before enrolling your child in this class, please assess your child’s skills on the following:
- Your child can swim freestyle (front crawl) with rotary/side breathing, 15 yards
- Your child can swim backstroke (back crawl), 15 yards
- Your child can dive into deep water using a compact or stride position
- Your child has been exposed to swimming butterfly, backstroke and elementary backstroke
- Your child has been exposed to the scissor kick (in preparation for sidestroke)

Description of Level 5 Class:
Your child will learn the following:
- Be able to swim: freestyle, backstroke, breaststroke, elementary backstroke, butterfly (15-25 yards)
- Learn how to swim sidestroke
- Learn how to do proper flip turns for freestyle and backstroke
- Perform a shallow dive from side
- Tread water for 2 minutes

Level 6 (Swimmer)
Pre-requisite: We recommend your child to have passed Level 5 (Advanced Intermediate) before enrolling in this class.
Time: 11:00 a.m. (Fall/Spring), 2:30 p.m. (Summer)

Before enrolling your child in this class, please assess your child’s skills on the following:
- Swim freestyle, backstroke, breaststroke, butterfly, elementary backstroke, sidestroke at least 25 yards
- Dive into deep water
- Perform a shallow/racing dive

Description of Level 6 Class:
Your child will learn the following:
- Swim all 4 competitive strokes at least 50 yards (freestyle, backstroke, breaststroke, butterfly)
- Perform proper flip turns for freestyle and backstroke
- Learn flip turns for breaststroke and butterfly
- Use a pace clock
- Use pull buoys, fins, and paddles
- Learn different swimming training techniques
If you are unsure on what class to enroll your child in, please contact the Pool Manager (contact information on Children’s Swim website) as they will be able to assist you in enrolling your child for the class that best fits their swimming needs.