

**Please note: age guidelines for levels are not firm. Level placement will depend on each child's particular needs and skills. We will do our best to place each child at the level and in the class for which they are most well-suited. If you have questions, please contact the Pool Manager, Dylan White [dylanwhite@ku.edu](mailto:dylanwhite@ku.edu).**

**Parent/Child (6-36months)**

Parent Child swim is a way for young children and parents to bond in the water. Children will begin to explore and become comfortable in the water. This class is recommended for any child age 6-36months. Please note that a swim diaper is required.

**Preschool Level (Age 3) – No prerequisite**

The preschool classes are an introductory class to swimming for young children. This class is centered around getting children comfortable with being in the water. In this class students will talk about water safety at a level that they can comprehend, learn to blow bubbles, put their face in the water, float on their back, and more!

**Level 1 (Age 5+) – No prerequisite**

In level 1 children will increase their level of comfort in the water. They will begin to swim freestyle and backstroke with support. They will also continue to become comfortable with back floats, jumping from the side, and putting their face in the water.

**Level 2 (Age 5+) – Pass Level 1 or some independent swimming**

Level 2 can be thought of as the second part of level 1. In this class participants will continue to become comfortable with independent swimming. Most of the skills in Level 2 remain the same, but the major emphasis is instilling confidence in the children to practice the skills without assistance.

**Level 3 (Age 5+)** – Swim 10 yards on front/back independently, float on back for 15 sec independently, tread water 30 sec.

Swimmers will find their independence in this class. In level 3 participants will learn to become comfortable while being independent in the water. They will begin swimming completely independently with the safety and comfort of having an instructor within arm's reach. They will also begin to expand their knowledge of different swimming strokes, treading, and rotary breathing.

**Level 4 (Age 5+)** – Swim 25 yards of freestyle, backstroke, breaststroke, float on back for 20 sec, tread water 30sec.

Level 4 is where students become swimmers. In this level participants are comfortable and confident in the water and begin learning to swim effectively. They will increase the distance they swim and work on skills such as rhythmic breathing and proper streamline position. Students will continue to expand their ability to swim different strokes, while improving their endurance.

**Level 5 (Age 5+)** – Swim 25 yards of freestyle, backstroke, breaststroke, demonstrate dolphin kick or butterfly, float on back for 1min, tread water 1 min.

In level 5 swimmers will work on perfecting their strokes. During this class swimmers will work on all four competitive strokes, starts, turns, and diving. This class is ideal for children who are proficient swimmers and want to work on their endurance and competitive swimming skills.

**Learn to Dive (Age 6+)** – Swim 25 yards of any stroke, tread water 30 sec, be comfortable entering deep water from a height

During this class participants will learn the basics of competitive diving. Students must have a prerequisite swimming ability and understanding of water safety.

**Level 6 (Basic Water Rescue, Ages 10+)** – Swim 50 yards of freestyle or breaststroke without stopping or touching the floor, tread water for 1minute. Please consult the Pool Manager Dylan White at [dylanwhite@ku.edu](mailto:dylanwhite@ku.edu) before enrolling.

This course will prepare participants for American Red Cross lifeguard training. In this class participants will strengthen their swimming skills and begin conditioning to the level of an American Red Cross lifeguard. Basic water safety and rescue skills will be taught over the course of the session. Participants will learn to recognize emergencies in the water and the steps necessary to safely and effectively intervene.

**Please note that there is a minimum enrollment of two participants for this course.**

For any questions or concerns about enrolling for swim lessons, contact Dylan White at [dylanwhite@ku.edu](mailto:dylanwhite@ku.edu).