

EXPLANATION OF EACH SKILL LEVEL

WATERBABY PARENT/TOT: Under age 2

No swimming skills necessary. This class is designed for parent to attend the class with the child.

General Goals: Water adjustment, social interaction, parent/tot bonding

GOLDFISH PRE-BEGINNER:

No swimming skills necessary. Water adjustment class. Can attend class without parental support.

We suggest the parent be poolside.

General Goals: Blow bubbles, jump in, starfish float, go underwater, float on back, paddle stroke (dog paddle), gain overall confidence and water safety awareness.

STARFISH BEGINNER:

Child must be water adjusted and able to perform paddle stroke to some degree.

General Goals: Most of the class focus will be learning to swim. Includes review of all the goals in the Goldfish class as well as learning some of the basic elements of the crawl. The basic goals will progress quickly.

TADPOLE INTERMEDIATE:

Can float on front (starfish float) and back. Swims short distances but lacks coordination. Should not be afraid of jumping in deep water supervised by an instructor.

General Goals: Work on technique, breathing and coordination. Introduce backstroke. Jumping in at deep end. Possible dives.

MINNOW SKILLED:

Swims crawl 25 yards but needs work on breathing. Should not be afraid of deep water.

General Goals: Refine crawl. Work on backstroke and breaststroke. Diving and treading water.

SHARK ADVANCED:

Swims crawl, backstroke, and breaststroke at least 50 yards. Has good endurance. Can swim underwater 15 yards.

General Goals: Refine existing swimming skills. Introduce fly, flip turns, racing dives and conditioning techniques. This class is designed for those interested in competitive swimming.