

# WHAT SWIMMING CLASS SHOULD MY CHILD BE IN?

**Infant/Toddler:** Ages 6-36 months. **Parents go in the water with the child.**  
All abilities and skills are reviewed with the parents.

## **Pre-School 1 (PS1); Pre-School 2 (PS2); Pre-School 3 (PS3)**

Parents do not get in the water for any of the pre-school classes. We use a teaching platform or the stairs so children can stand during class. It is critical that your child be placed in the proper level. If your child cannot perform the skills necessary for the level you have signed them up for they will be removed from that class and placed in the proper level (if there is room). Maximum of 5 students in a pre-school class.

**To Enter Pre-School 1:** Swimmer must be at least 3 years old & no older than 5 years old. No entrance requirements. Swimmers may be nervous, timid or afraid of the water or they may be able to put their face or head under water for a couple of seconds. Goals of this class are to get students to place their head underwater for 5 seconds and become comfortable with basic swimming skills with the aide of the Instructor.

**To Enter Pre-School 2:** Swimmer must be at least 3 years old & no older than 5 years old. Swimmers must be able to comfortably totally self-submerge (mouth/nose/eyes) for about 5 seconds. Skills being reviewed and perfected are bubble blowing, front and back float/glide, front and back crawl, treading water and changing direction. The goal of this class is to lessen Instructor assistance when the child is ready.

**To Enter Pre-School 3:** Swimmer must be at least 3 years old & no older than 5 years old. Swimmers must be able to swim 2-3 body lengths unassisted and without floatation devices.

## **Youth Swim Classes**

Parents do not get in the water for any of the youth Learn –to-Swim classes. It is critical that your child be placed in the proper level. If your child cannot perform the skills necessary for the level you have signed them up for they will be removed from that class and placed in the proper level (if there is room). Maximum of 6 students per class.

**To Enter Youth Level 1:** Swimmer must be at least 5 <sup>1/2</sup> years old. Children should be comfortable following instructions in a group setting. Designed for non-swimmers. Introduction to water safety and basic swimming skills. Includes submerging, floating, kicking, and alternate arm action.

**To Enter Youth Level 2:** Swimmer must be at least 5 <sup>1/2</sup> years old. Children should be comfortable following instructions in a group setting. Must be able to fully submerge head and be comfortable in the water. Course works on floating and introduces combined stroke (arms/legs) on both stomach and back.

**To Enter Youth Level 3:** Swimmer must be at least 6 years old and have completed Youth Level 2. Must be comfortable with underwater swimming, able to float on stomach and back, and swim 15 yards on stomach and back unassisted.

**To Enter Youth Level 4 :** Swimmer must be at least 6 years old and have completed Youth Level 3. Must be able to swim 25 yards front crawl and back crawl. And maintain position by treading water for 30 seconds. Majority of class time is in deep water.

These two classes may be combined.