**🏊 Foundational YOUTH AQUATICS PROGRAM STRUCTURE**

**“From First Splash to Swim Team”**

**🌟 1. Parent & Child Classes (Ages 6 months – 3 years)**

**Class Names:**

* Water Babies
* Tiny Tots
* Splash & Giggle

**Goals:**

* Water comfort
* Parent-child bonding
* Foundational safety

**Skills Taught:**

* Safe water entry/exit
* Assisted floating & kicking
* Songs & games to build water confidence

**Format:**

* 30 minutes
* 1 class/week
* Parent in water

**Ratio:** 1 instructor : 10 parent/child pairs

**🐥 2. Preschool Swim (Beginner Independence) (Ages 3–5)**

**Class Names:**

* Little Splashers (Level 1)
* Float & Paddle (Level 2)
* Preschool Pre-Swim (Level 3)

**Goals:**

* Water independence
* Safety & basic skills

**Skills Taught:**

* Blowing bubbles, face submersion
* Front/back float with support
* Kicking, arm movements
* Jumping in & returning to wall

**Format:**

* 30 minutes
* 1–2 classes/week

**Ratio:** 1 instructor : 4–5 swimmers

**💧 3. Learn to Swim (Progressive Levels) (Ages 5–12)**

**Level 1: Intro to Water Skills**

* Assisted floating, kicking, submersion
* Safe pool entry/exit, blowing bubbles
* Confidence & comfort in shallow water

**Level 2: Fundamental Aquatic Skills**

* Unassisted front/back floats
* Gliding, basic freestyle arms
* Jumping in, treading with support

**Level 3: Stroke Readiness**

* Freestyle with side breathing (10–15 yards)
* Backstroke, seated dives
* Basic deep water safety

**Level 4: Stroke Development**

* 25-yard freestyle & backstroke
* Intro to breaststroke kick
* Rotary breathing, basic flip turns

**Level 5: Stroke Refinement**

* 50–100 yards of freestyle/backstroke
* Breaststroke, butterfly introduction
* Treading, endurance training

**Level 6: Swimming & Skill Proficiency**

* 100+ yard swim, all 4 strokes
* Flip turns, diving
* Water safety scenarios & rescue basics

**Format:**

* 30–45 minutes
* 1–3x/week depending on level

**Ratio:**

* Level 1–2: 1:5
* Level 3–6: 1:6–8

**💪 4. Pre-Team / Swim Conditioning (Ages 6–14)**

**Class Names:**

* Junior Swim Team
* SwimFit
* Technique & Turns

**Goals:**

* Build endurance, strength, and speed
* Refine stroke technique
* Prepare for competition or swim team

**Skills Taught:**

* Swim sets, timed laps
* Flip turns, legal finishes
* Streamlines, pacing, drill work

**Format:**

* 45–60 minutes
* 2–3x/week

**Ratio:** 1 coach : 8–10 swimmers

**🏆 5. Swim Team (Seasonal or Year-Round)**

**Levels:**

* Developmental Team (Intro to Comp)
* Age Group (8–12)
* Senior/Elite (13+)

**Goals:**

* Competitive racing
* Team environment
* Goal-setting, time improvements

**Practices Include:**

* Warm-ups, drills, main set, cool-down
* Dryland/strength training (optional)
* Stroke clinics & video feedback

**Format:**

* 60–90 minutes
* 3–6x/week
* Meets & competitions monthly

**Revenue Streams:**

* Monthly/quarterly dues
* Meet fees
* Team gear (suits, caps, shirts)
* Fundraisers or travel events