

# Swim Lesson

## Level Descriptions



### Me and My Little One

Adults must accompany child in water. Child must wear swim diaper if not toilet trained. Class introduces young children to the water through fun activities with their guardian.

**Who:** 18 Months – 2 years & Adult

**Time:** 12:00 pm - 12:30 pm

### Water Exploration Level I

Non-swimmers and beginning swimmers age 3 and up. If no formal swim lessons have been taken prior, this class is for your child. Flotation devices/bubbles used level

**Who:** Ages 3 +

**Time:** 10:00 am - 10:30 am

### Fundamental Water Skills Level II

For swimmers ages 4 and up who have passed Water Exploration Level I Swim Class. No flotation device/bubbles used at this level.

**Who:** Ages 4 +

**Time:** 10:30 am - 11:00 am

### Stroke Development Level III

For swimmers who have passed Fundamental Water skills Level II Swim Class. More advanced stroke techniques and diving skills are introduced. No flotation devices of any kind may be used in this class.

**Who:** Ages 5 +

**Time:** 11:00 am - 11:30 am

### Stroke & Turn Level IV

For swimmers who have passed Stroke Development Level III Swim Class. This is an advanced class to perfect swim strokes. Must be able to swim laps unassisted & pass deep end swim test.

**Who:** Ages 5 +

**Time:** 11:00 am – 11:30 am

### Adult Swim Lessons

This is being offered for non-swimming and beginner swimming adults only. This class emphasizes water safety and basic swimming skills. This is a one-week session of four 30-minute classes. Limited spaces available so please register early.

**Who:** Adults 18+

**Time:** 11:00 am – 12:00 pm

**Session I:** July 13<sup>th</sup> – 16<sup>th</sup>