

## **PARENT & CHILD AQUATICS A**

Recommended Ages:  
6 Months – 2 Years

Parents accompany their little ones in the water for this fun and interactive class. Songs, games and splashing activities teach basic water movements, floating and breath control. Objectives include water adjustment, blowing bubbles, kicking, scooping and floating with assistance.

## **PARENT & CHILD AQUATICS B**

Recommended Ages:  
2 – 3 Years

A transition class for youngsters who are between working with a parent and working with an instructor. Swimmers will practice getting their face wet as well as floating, gliding, scooping, kicking and jumping.

## **PRESCHOOL AQUATICS LEVEL 2**

Recommended Ages:  
3 – 5 Years

This class teaches basic aquatic and safety skills. Children then build on their skills and start performing them at a slightly more advanced level. Children begin learning how to move through the water independently.

## **PRESCHOOL AQUATICS LEVEL 3**

Recommended Ages:  
3 – 5 Years

This class increases children's proficiency in performing previously learned skills. Instructors provide additional guided practice and increase repetitions, distances, times, and levels of refinement. All skills are performed independently. Children improve their coordination and control of locomotion in the water.

## **COMBO LEVEL 1 & PRESCHOOL 2**

Recommended Ages:  
3 Years +

Level 1 introduces basic aquatic skills that participants will continue to build on as they progress through the Learn-to-Swim levels. In addition, participants start developing positive attitudes, effective swimming habits, and safe practices in and around the water. Preschool 2 swimmers are also welcome to register for this class.

## **LEVEL 2**

Recommended Ages:  
6 Years +

This class builds on basic aquatic and water safety skills. Participants begin to perform skills at a slightly more advanced level and begin to move independently through the water for short distances. Participants must be able to submerge their head independently.

## **LEVEL 3**

Recommended Ages:  
6 Years +

This class teaches the front crawl, elementary backstroke, breaststroke, scissors, and dolphin kicks at rudimentary proficiency levels. Participants also learn the rules for headfirst entries. Upon successful completion of this class, participants have achieved basic water competency in a pool environment. Participants must be able to swim half the length of the pool unassisted and tread water for 15 seconds.

## **LEVEL 4+**

Recommended Ages:  
6 Years +

This class improves upon participants' proficiency in front crawl and elementary backstroke over greater distances. Participants also learn to swim breaststroke, back crawl, butterfly, and sidestroke at rudimentary levels over short distances, and then at a higher level over longer distances. Participants must be able to swim the length of the pool front crawl using rotary breathing, tread water for 1 minute, and perform a kneeling dive.