

Class Level	Description
Parent Child	Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills
	Provide safety information for parents and teach techniques parents can use to orient their children to the water
Preschool Level 1	Teaches children to be comfortable in the water and to begin to move in the water without the help of the instructor.
	Swimmers will learn water adjustment skills, blowing bubbles, putting their face underwater, floating and beginning to coordinate swim strokes.
Preschool Level 2	Build on and improve skills learned in Preschool Aquatics Level 1
	Increase knowledge of water safety topics introduced in Preschool Aquatics Level 1
Preschool Level 3	Increase proficiency and build on the basic aquatic skills learned in Preschool Aquatics Levels 1 and 2
	Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics
Learn to Swim Level 1	For the beginner who is comfortable in the water.
	Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.
Learn to Swim Level 2	Swimmers should already be able to float on front and back and put their head under water.
	Swimmers will work on independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.
Learn to Swim Level 3	Swimmers should already be comfortable swimming front stroke and swimming on their back.
	Swimmers will work on gliding, freestyle with side breathing, backstroke, breaststroke, and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.
Learn to Swim Level 4	Swimmers should already be able to: swim front and back crawl 25 yards.
	Swimmers will work on rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.
Learn to Swim Level 5	Swimmers should already be able to: swim freestyle, breaststroke, and backstroke 25 yards, scissors kick, whip kick, treading water, and dive.
	Swimmers will work on alternate breathing, stride jump, refinement of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.
Learn to Swim Level 6	Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive.
	Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.
Adult Beginner	This level is designed to introduce the inexperienced or fearful adult to the water so that they become more comfortable in the water and learn to enjoy the water safely.
	Adults will learn how to enter and exit the pool safely and control their breathing. As they build their confidence, students will learn proper body position on both their front and back with proper flutter kick. Basic paddle stroke, Front Crawl, Back Crawl, Elementary Backstroke, and basic water safety skills are covered.
Adult Intermediate	This level is designed to introduce swimming strokes to adults so that they develop confidence and endurance as novice swimmers.
	Adults master the swimming strokes in the Learning the Basics level, Freestyle, and Backstroke. Breaststroke, Sidestroke, Butterfly, and basic flip turns and turning at the wall are introduced. Treading water and recovery to a swimming position is mastered.