

Swimming Lessons

A Quick Guide to the Progressions

Level & Age of Kid	Length of Class	Description	Class Size
Aqua Kids 1 6 months- 3 years	30 min	<ul style="list-style-type: none"> • has little to no water experience • can hold up their own head 	Min. 3/ Max. 12
Aqua Kids 2 1.5 years- 3 years	30 min	<ul style="list-style-type: none"> • is ready to start exploring and floating in the water but still needs support 	Min. 3/ Max. 12
Water Wiggles 3-4 years	30 min	<ul style="list-style-type: none"> • has little to no water experience and is 3+ • can follow directions • can be in the water without a parent 	Min. 2/ Max. 4
Preschool 1 3-5 years	30 min	<ul style="list-style-type: none"> • has little to no water experience and is 3+ • can follow directions • can be in the water without a parent • is ok in bigger groups 	Min. 4/ Max. 6
Preschool 2 3-5 years	30 min	<ul style="list-style-type: none"> • is comfortable in the water • will put face in the water and blow bubbles • can float and glide on front/back horizontally assisted 	Min. 4/ Max. 6
Preschool 3 3-5 years	30 min	<ul style="list-style-type: none"> • can glide in streamline position for 2 body lengths and roll over and float • can do 5 bobs while blowing bubbles underwater • is comfortable in deep water • can jump in unassisted & swim 10-15 yards 	Min. 4/ Max. 6
Learn to Swim 1 6-14 years	45 min	<ul style="list-style-type: none"> • has little to no water experience • can be in the water without a parent 	Min. 4/ Max. 8
Learn to Swim 2 6-14 years	45 min	<ul style="list-style-type: none"> • can face float for 5 seconds & blow bubbles 	Min. 4/ Max. 8

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		<ul style="list-style-type: none"> • for 3 sec. • is comfortable in the water with a horizontal position • is ready for deep water exposure 	
Learn to Swim 3 6-14 years	45 min	<ul style="list-style-type: none"> • can back float for 15 seconds • can swim 15 yards unassisted • can do 10 bobs while blowing bubbles underwater • can tread water for 15 seconds 	Min. 4/ Max. 10
Learn to Swim 4 6-14 years	45 min	<ul style="list-style-type: none"> • can swim front crawl with rhythmic breathing for 15 yards • pushes off the wall in streamline position • can move vertical to horizontal on front & back 	Min. 4/ Max. 10
Learn to Swim 5 6-14 years	45 min	<ul style="list-style-type: none"> • can swim front crawl with consistent rhythmic breathing • can swim correct elementary backstroke for 15 yards • can streamline off the wall with dolphin kick & flutter kick on back • is familiar with butterfly arm strokes and timing • performs correct breaststroke technique 	Min. 4/ Max. 10
Learn to Swim 6 6-14 years	45 min	<ul style="list-style-type: none"> • has the timing and coordination for fly, breaststroke, and sidestroke • can swim front crawl 100 yards with good technique 	Min. 4/ Max. 10