

SWIM CLASS DESCRIPTIONS

AGES 3-5

JOURNEY 1

For beginners. This begins with water adjustment, under water exploration, pre-floating, and arm and leg movement.

JOURNEY 2

This level introduces floating, kicking, and swimming on the front and back.

PRESCHOOL ADVANCED

This level offers the combination of the front crawl stroke as well as the introduction of the backstroke kick. Rhythmic breathing is combined with the crawl stroke at this level. The arm stroke for the backstroke is introduced and combined with the kick.

AGES 6 & OLDER

LEVEL 1 - INTRODUCTION TO WATER SKILLS

Learn elementary aquatic skills (submerge face, blow bubbles), develop safe practices around water, explore movement in water (supported arm and leg action on front and back), float on front and back with support.

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Learn to float without support on front and back with kicks and rhythmic breathing and recover to a vertical position. Explore simultaneous and alternating arm and leg actions on front and back.

LEVEL 3 - STROKE DEVELOPMENT

Build on Level 2 skills, coordinate the front and back crawl strokes, and elementary backstroke. Introduce elements of the butterfly, fundamentals of treading water, and learn to enter water head first as deeper water is introduced.

LEVEL 4 - STROKE IMPROVEMENT

Improve technique for front and back crawl strokes, backstroke, and increase endurance. Continue to build on butterfly, and introduce breaststroke and sidestroke.

LEVEL 5 - STROKE REFINEMENT

Coordinate, refine, and increase distances of all strokes - front and back crawl, butterfly, breaststroke, backstroke, and sidestroke.