

2023 Swim Lesson Descriptions

Level	Age Range	Description	Times Offered
Parent-Tot (Star Babies)	6 mo - 36 mo	<p>This course is designed for Parent and Child to be in the water together.</p> <p>The purpose of this course is to foster a high comfort level in the water while training parents and caregivers in water safety and drowning prevention. One adult per child.</p>	9:30 - 10 a.m. & 6 - 6:30 p.m.
1	3 yrs - 5 yrs	<p>Focus: basic water adjustment, breath control, and floating. Participants will blow bubbles and fully submerge unassisted; front and back float with support. Focus: forward movement and directional change. Participants will focus on assisted streamline on front and back with and without kicks. They will learn to jump in, recover for air, swim forward for 10 ft, change direction independently, and swim back to the wall.</p>	9:30 - 10 a.m. 10 - 10:30 a.m. 10:30 - 11 a.m. 11 - 11:30 a.m. & 6 - 6:30 p.m. 6:30 - 7 p.m. 7 - 7:30 p.m.
2	3 yrs - 5 yrs	<p><u>Prerequisite Skills: Completion of Level 1, swim 10 ft, return; back glide 10 ft</u></p> <p>Focus: rotary movement, Participants will work on body positioning for freestyle, unassisted front and back streamline, and treading water. Integrated movement and freestyle, Participants will start to develop freestyle with correct body positioning and breathing and start the backstroke progression.</p>	9:30 - 10 a.m. 10 - 10:30 a.m. 10:30 - 11 a.m. 11 - 11:30 a.m. & 6 - 6:30 p.m. 6:30 - 7 p.m. 7 - 7:30 p.m.
3	6 yrs - 13 yrs	<p><u>Prerequisite Skills: Completion Level 2 and meet the age requirement.</u></p> <p>Review: Rotary movement, Participants will review body positioning for freestyle, unassisted front and back streamline, and treading water—integrated movement and freestyle, d breathing, and starting the backstroke progression.</p> <p>Focus: Stroke mechanics of freestyle and backstroke with an intro to butterfly body motion stroke mechanics of butterfly</p>	9:30 - 10 a.m. 10 - 10:30 a.m. 10:30 - 11 a.m. 11 - 11:30 a.m. & 6 - 6:30 p.m. 6:30 - 7 p.m. 7 - 7:30 p.m.
4	6 yrs - 13 yrs	<p><u>Prerequisite Skills: Level 3</u></p> <p>Focus: stroke mechanics of breaststroke building endurance. By the end of the class, participants will swim 50 yards of freestyle, backstroke, and breaststroke; 25 yards of butterfly and be able to do flip/open turns.</p>	9:30 - 10 a.m. 10 - 10:30 a.m. 10:30 - 11 a.m. 11 - 11:30 a.m. & 6 - 6:30 p.m. 6:30 - 7 p.m. 7 - 7:30 p.m.