Swimming & Diving Level Descriptions

Parent-Tot Swimming Lessons

This class is an introduction to water for 6 months to 5 year olds. One parent or guardian must work in the water with the infant/toddler under the direction of the instructor. This class is not designed to teach children to become good swimmers or to survive in the water on their own. Following the American Red Cross Parent and Child Aquatic Program, children are encouraged to feel comfortable in the water in a fun and safe environment. ONLY ONE parent or guardian is allowed in the water per child.

- **Parent Tot A:** This introductory class is designed for children 6-18 months old. Children will learn how to exit and enter the water safely, feel comfortable in the water, how to submerge their mouth, nose and eyes and learn how to be comfortable on their front and back in the water. Emphasis will also be placed on teaching parents or guardians how to hold their child in the water to encourage learning. Instructors will also share important safety skills and teach parents and guardians how to play with their child to promote learning in the pool. The ratio for Parent Tot A is one instructor for ten students.

- **Parent Tot B:** This class builds on the skills of Parent Tot A for children 18 months-3 years old. Children will learn more ways to exit and enter the pool safely, learn how to blow bubbles and submerge under water, perform supported glides on their front and back and also add some arm and leg movements to their supported swimming skills. Children will continue to practice supported floating on their front and back. Children will be encouraged to try some skills with the instructor while the parent or guardian cheers them on. The ratio for Parent Tot B is one instructor for ten students.

- **Parent Tot C:** This smaller class is a progression from Parent Tot B to develop the child's confidence trying skills with an instructor in preparation for Tots in Training and Preschool classes. This class is designed for children 18 months to 4 years old. A parent or guardian is still required to be in the pool for the duration of this class. Skills from Parent Tot B will be reinforced and the instructor will work with each child individually throughout the class. Skills will include front and back glides and floats, arm and leg movements on the front and back, safe entries and exits to the pool and safety skills. The ratio for Parent Tot C is one instructor for six students.

- **Tots in Training:** This class is for children 2.5-5 years old who have completed Parent-Tot level B and/or Parent-Tot C and are ready to transition to group lessons, but are still too young for preschool classes or need a little more experience working with an instructor and following directions in a class setting. The first two classes will involve the parent or guardian working with the child in the water with an emphasis on the child working with the instructor on floating, kicking, and putting their face in the water. During the third and fourth lesson, the parent or guardian will remain on the pool deck. For the
final two lessons, the parent or guardian will remain in the waiting area, similar to a preschool class. Children often take Tots in Training more than once as they may need a little more experience without a parent or guardian or they are not yet turning three years old and therefore not old enough to move on to preschool lessons. The ratio for Tots in Training is two instructors for five students.

**Preschool Swimming Lessons**
The Preschool classes available for 3-5 years old are introduction to water skills (Bubbles), fundamental water skills (Wave) and stroke development (Splash, Dolphin and Gator). Children begin to explore the water environment through floating, submerging, kicking skills, breath control and beginning strokes. Following the American Red Cross Learn to Swim Program, the primary goals for the classes are safety and comfort in the water. Children work in the water without a parent and should be ready to follow instructions in a small class environment.

- **Bubbles**: Bubbles is designed for preschoolers who are ready to be in a class without their parent or guardian in the water. Children will learn how to get their face wet, blow bubbles, explore the water with their instructor and practice skills with support. Children must have confidence participating without a parent in the pool. The ratio for Bubbles is one instructor for four students.

- **Wave**: Skills from Bubbles are built upon in this class and children are encouraged to try more skills such as, floating and kicking on their front and back with limited support from the instructor when they are ready. Children must be able to comfortably and voluntarily submerge their nose, eyes and mouth to enroll in this class. Completion of Bubbles or an equivalent class is required to enroll in Wave. The ratio for Wave is one instructor for four students.

- **Splash**: Children should be able to perform skills like floating and submerging underwater comfortably without any support before enrolling in this class. Participants will practice floating and swimming on their front and back as well as kicking and underwater skills. The instructors will encourage swimming without support from instructional devices and introduce the students to deep water. The ratio for Splash is one instructor for five students.

- **Dolphin**: Skills from Splash will be reviewed and students will focus on building strength in the water by swimming without support. To enroll in this class, students should be able to float, glide, and swim 5 yards on their front and back without support and be comfortable in deep water. Students will learn coordination front and back crawl without support, deep water skills like treading water, and breaststroke and butterfly kick. The ratio for Dolphin is one instructor for five students.

- **Gator**: Skills from Dolphin will be reviewed and students will focus on building strength in the water by swimming longer distances in deep water. To enroll in this class, students should be able to float, glide, and swim 15 yards on their front and back without support.
support and be comfortable in deep water. Students will learn the coordination of front
crawl with rotary breathing, back crawl, deep water skills like treading water, and
introduction to breaststroke and butterfly. The ratio for Gator is one instructor for five
students.

School-Age Swimming Lessons
The school age swimming classes are designed for children 6-16 years old. Classes range from an
introduction to water skills for beginners to a swimming skill proficiency class which works on
developing strokes and endurance. Please note the descriptions and prerequisites for the classes
below. Safety around an aquatic environment will be a focus throughout the classes.

- **Level 1 - Introduction to Water Skills**: An introduction to water, emphasizing comfort
  and safety. Elementary aquatic skills are introduced such as bubble blowing, kicking and
  floating. Prerequisite: None; cannot do anything unsupported. The ratio for Level 1 is
  one instructor for five students.

- **Level 2 - Fundamental Aquatic Skills**: Builds on the fundamental skills from Level 1.
  Students learn to float and recover without support and explore swimming on the front
  and back. This level marks the beginning of true locomotion skills. Prerequisites: Can do
  some skills unsupported, even if for only a few seconds. Can submerge mouth, nose
  and eyes and blow bubbles and is comfortable doing so. The ratio for Level 2 is one
  instructor for five students.

- **Level 3 - Stroke Development**: Builds on locomotion skills from Level 2. Students learn
  to coordinate the front crawl and back crawl. Head-first entries and elements of the
  butterfly, sidestroke, breaststroke and elementary backstroke are introduced.
  Prerequisites: Can swim on front and back unsupported for at least 15 feet with
  alternating arm action and continuous kicking. Can float and glide unsupported and bob
  fully submerged at least 5 times continuously. The ratio for Level 3 is one
  instructor for six students.

- **Level 4 - Stroke Improvement**: Develops confidence, coordination and strength in all
  six strokes (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and
  sidestroke). Open turns and more advanced entries are introduced. Prerequisites: Can
  swim front crawl at least 15 yards, back crawl 15 yards and butterfly kick and
  breaststroke kick at least 15 feet. Can do a kneeling dive and tread water for at least 30
  seconds. The ratio for Level 4 is one instructor for six students.

- **Level 5 - Stroke Refinement**: Builds on coordination and refinement of all six strokes
  (front crawl, back crawl, breaststroke, butterfly, elementary backstroke and sidestroke).
  Flip turns on front and back are introduced. Swimming at greater distances is achieved.
  Prerequisites: Can swim front crawl with rotary breathing and back crawl at least 25
  yards, and breaststroke, butterfly, elementary backstroke and sidestroke at least 15
  yards. Strokes should have all elements and only need refinement. Can do a standing
dive and tread water at least one minute. The ratio for Level 5 is one instructor for eight students.

- **Level 6 - Swimming and Skill Proficiency:** Refines strokes to focus on efficiency, power and smoothness over greater distances. Flip turns, treading water and head-first entries are practiced to achieve proficiency. Students will work to build endurance by swimming longer distances. Prerequisites: Can swim front crawl and back crawl at least 50 yards and all other strokes at least 25 yards. Technique in all the strokes should be strong with good coordination. Can do flip turns, shallow dives and tread water at least 2 minutes. The ratio for Level 6 is one instructor for eight students.

- **Youth Competitive Swimming:** An introduction to competitive swimming for children ages 8-16. The program meets three days a week and incorporates swimming along with dry land exercises to build strength. Through this fun program, swimmers will improve endurance, focus on the four competitive strokes, refine their starts and turns, learn good training techniques and good sportsmanship. Prerequisite: Swimmers must be at least a level 5 or above.

**Children's Springboard Diving**
The children's diving classes are designed for children at least 6 years old. Please note the descriptions and prerequisites for the classes below. Safety around an aquatic environment will be a focus throughout the classes.

- **Beginning Diving:** An introduction to springboard diving for the beginner. Learn basic dive skills (hurdle, straight, tuck, pike position) with emphasis on safety. Pre-requisites: Must be able to demonstrate a standing dive from the side of the pool and swim front crawl one length of the diving well. No experience on the board is required. Ages 6-14.

- **Intermediate Diving:** A continuation of beginning springboard diving. Build on beginning dive skills (hurdle, straight, tuck, pike position) with emphasis on safety. Twisting and reverse dives will be introduced. Pre-requisites: Passed Beginning Diving or equivalent. Ages 6-13.

- **Competitive Springboard Diving:** Divers should meet the minimum dive requirements for FINA competition in their age group, and/or have the approval of the coach. Training will reinforce the fundamentals of diving (strength and flexibility, board work, posture, body alignment, dive initiation mechanics and entry techniques), while focusing on learning new dives and meet preparation. Ages 8-19 and interested collegiate divers.