

## **LEVEL 1**

### ***Introduction to Water Skills***

The objectives of Level 1 are to learn basic personal water safety information & skills; to help participants feel comfortable in the water & to enjoy the water safely. Participants will also learn to enter/exit water safely, submerge mouth, nose & eyes, exhale & open eyes underwater, roll over from front to back & back to front with support, explore floating on front/back with support, explore swimming on front/back using arm & leg actions with support & use of a life jacket.

**Fee: \$42**

## **LEVEL 2**

### ***Fundamental Aquatic Skills***

The objective of Level 2 is to give participants success with fundamental skills.

Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills.

Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundations for future strokes.

**Fee: \$42**

## **LEVEL 3**

### ***Stroke Development***

The objectives of Level 3 are for participants to learn the survival float, the elementary backstroke and to coordinate the front crawl.

They are introduced to the scissors kick and the dolphin kick and build on the foundations of treading water. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from the side of the pool.

**Fee: \$42**

## **LEVEL 4**

### ***Stroke Improvement***

The objectives of Level 4 are to develop confidence in the strokes learned thus far and to improve other aquatic skills.

Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissor kick and the dolphin kick by adding arms for the sidestroke and butterfly.

The back crawl and the breaststroke are introduced in Level 4, as well as the basics of turning at a wall.

**Fee: \$42**

## **LEVEL 5**

### ***Stroke Refinement***

The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase their distances.

Flip turns on the front and back are also introduced

**Fee: \$42**

## **LEVEL 6**

### ***Swimming & Skill Proficiency***

The objective of Level 6 is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with "menu" options that focus on preparing students with a variety of activities.

Options include: Personal Water Safety, Lifeguard Readiness, Fundamentals of Diving and Fitness Swimmer.

**Fee: \$42**

## **PARENT & TOT**

This course is designed for children 6 months to 3 years of age and their parents. Parent and Child Aquatic classes build swimming readiness by emphasizing fun in the water.

**Fee: \$42**

## **PRESCHOOL**

(Ages 3 to 5 years) This class teaches the foundation for learning to swim. Children learn the ready position, floating, kicking, blowing bubbles and rhythmic breathing.

**Fee: \$42**

## **ADULT**

We will be forming a waiting list of interested adults for an adult only swim class. Please contact Liz at the Aquatic Center for more information.

**Fee: \$42**