

### **Parents & Tots**

Open to ages 2 months – 2 years. Improves relations between parents and children. Children become comfortable in and around water. Mostly fun and games. Some basic skills are taught (i.e. blowing bubbles, gliding, etc.).

### **Kinder**

Open to ages 3 - 5 years.

Skills Learned:       Blowing Bubbles  
                              Gliding With and Without a Kickboard  
                              Floating on Back  
                              Holding Breath

This class is structured to adapt the students' familiarity with the water.

### **Beginner I**

Skills Learned:       Putting Head Under Water  
                              Blowing Bubbles  
                              Prone Float  
                              Prone Glide  
                              Prone Glide and Kick

### **Beginner II**

Children must have passes ALL Beginner I skills.

Skills Learned:       Proper Arm Stroke  
                              Finning and Skulling on Back  
                              Back Float  
                              Jumping into Deep Water  
                              Treading Water  
                              Timing Arm Stroke with Kick  
                              Proper Body Alignment

### **Beginner III**

Children must have passed ALL Beginner II skills.

Skills Learned:       Swimming in Deep Water  
                              Proper Side Breathing  
                              Elementary Backstroke  
                              Survival Floating  
                              Swimming 25 Yards with Proper Body Position

### **Intermediate**

Children must have passed ALL Advanced Beginner skills.

Skills Learned:       Breaststroke