

Swim Lesson Descriptions

Water Babies (Ages 6 months to 36 months)

Offered in the summer only

Water Babies introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lay a foundation for learning to swim. In addition, parents are introduced to several water safety topics.

Pre-School Level 1 (36 months to 5 years)

Offered in the spring and summer

Level 1 introduces basic aquatic skills, which children continue to build on as they progress through Levels 2 and 3 of Preschool Aquatics and then Learn-to-Swim. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics Level 1.

Pre-School Level 2 (36 months to 5 years)

Offered in the spring and summer

The objectives of Level 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example, for longer lengths of time, for longer distances or in deeper water). Many skills in Level 1 are performed with assistance. Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Level 2 also builds on the water safety topics introduced in Level 1.

Pre-School Level 3 (36 months to 5 years)

Offered in the spring and summer

The objective of Level 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Youth Level 1 (6 years to 17 years)

Offered in the spring and summer

Youth Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Swim Lessons. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Youth Level 1 skills overlap with the Preschool Level 1 and 2 skills.

Youth Level 2 (6 years to 17 years)

Offered in the spring and summer

Youth Level 2 builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.

Youth Level 3 (6 years to 17 years)

Offered in the spring and summer

Youth Level 3 builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside.

Youth Level 4 (6 years to 17 years)

Offered in the spring and summer

Youth Level 4 seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall.

Youth Level 5 (6 years to 17 years)

Offered in the spring and summer

Youth Level 5 focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back.

Youth Level 6 (6 years to 17 years)

Offered in the spring and summer

Youth Level 6 focuses on refining strokes and turns and building endurance. Three options (Personal Water, Safety, Fundamentals of Diving and Fitness Swimmer) provide participants with the opportunity to learn information and skills for specific aquatic activities.

Adult Lessons (18 years and up)

Offered in the summer only

Adult Swim Lessons provide older teens and adults with positive, developmentally appropriate aquatic learning experiences. Adult Swim Lessons focus on three tracks depending on the participant's skill level: Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness.