

Summer 2023 Class Descriptions and Prerequisites

Please be sure to read through the prerequisites for the class before signing up. Placing your child in a class that is too advanced will hold back the rest of the class and detract from instruction time for other students. If this happens, the student will be removed from the class and the class will not be refunded, additionally we cannot guarantee a place in another class.

Preschool I

Description: If your swimmer is 3 to 5 and cannot place their face in the water or float, start with this class

Prerequisites - None

Skills taught

Safety Rules

5 seconds blowing bubbles

3 seconds fully submerged

10 seconds assisted front float

10 seconds assisted back float

Front float to standing recovery

Assisted front float to back float rotation

Assisted front kicking

Assisted back kicking

Introduction to bobbing

Introduction to dog paddle

Introduction to front crawl

Introduction to backstroke

Preschool II

Description: If your swimmer is 3 to 5 and has completed Preschool I, and/or has completed Intro to Water, enroll them in this class

Prerequisites - Preschool I

5 seconds blowing bubbles

3 seconds fully submerged

10 seconds assisted front float

10 seconds assisted back float

Front float to standing recovery

Assisted front float to back float rotation

Assisted front kicking

Assisted back kicking

Introduction to bobbing

Introduction to dog paddle

Introduction to front crawl

Introduction to backstroke

Skills taught

Safety Rules

10 seconds blowing bubbles with face in the water

10 bobs fully submerged

10 seconds independent front float with recovery

10 seconds independent back float with recovery

Independent front float to back float rotation

5m dog paddle with bobbing

5m front crawl

5m assisted relaxed backstroke

5m independent front kicking

5m independent back kicking

Jump from the side of the pool without help

Preschool III

Description: If your swimmer is 3 to 5 and has completed Preschool II, and/or have completed Intro to Water, enroll them in this class

Prerequisites - Preschool II

10 seconds blowing bubbles with face in the water

10 bobs fully submerged

10 seconds independent front float with recovery

10 seconds independent back float with recovery

Independent front float to back float rotation

5m dog paddle with bobbing

5m front crawl

5m assisted relaxed backstroke
5m independent front kicking
5m independent back kicking
Jump from the side of the pool without help

Skills taught

Safety Rules
Front missile push-off
Back missile push-off
10m front crawl
10m backstroke
10m dog paddle with bobbing
Deep water bobbing
Deep water front float
Deep water back float
Retrieve objects from deep water

Beginner I

Description: If your swimmer is over 5 and cannot place their face in the water or float, start with this class, and/or participated in Intro to Water and did not complete all the skills.

Prerequisites – None

Skills taught

Safety Rules
5 second bobs fully submerged
10 seconds with face in the water with bubbles
10 seconds assisted front float
10 seconds assisted back float
Front float to standing recovery
Assisted front kicking
Assisted back kicking
Introduction to front crawl
Introduction to backstroke
Jump in from the side of the pool with assistance

Beginner II

Description: If your swimmer has completed Beginner I or Preschool III, and/or Intro to Movement but did not complete all the skills, enroll them in this class.

Prerequisites - Beginner I or Preschool III

5 second bobs fully submerged
10 seconds with face in the water with bubbles
10 seconds assisted front float
10 seconds assisted back float
Front float to standing recovery
Assisted front kicking
Assisted back kicking
Introduction to front crawl
Introduction to backstroke
Jump in from the side of the pool with assistance

Skills taught

Safety Rules

10m dog paddle with bobbing
10 second independent front float with recovery
10 second independent back float with recovery
Front missile push-off 3 sec float and kick 10m
10m front crawl with bobbing
Introduction to side breathing
Introduction to deep water bobs
Introduction to backstroke
Introduction to elementary backstroke

Beginner III

Description: If your swimmer has completed Beginner II, and/or Intro to Movement and completed most of the skills, enroll them in this class.

Prerequisites - Beginner II

10m dog paddle with bobbing
10 second independent front float with recovery
10 second independent back float with recovery
Front missile push-off 3 sec float and kick 10m
10m front crawl with bobbing
Introduction to side breathing
Introduction to deep water bobs
Introduction to backstroke
Introduction to elementary backstroke

Skills taught

Safety Rules
Introduction to front sculling
Introduction to back sculling
Front float in deep water
Back float in deep water
Front missile push-off, 3 sec float, kick 20m
Back missile push-off, 3 sec float, kick 10m
15m front crawl with side breathing
10m backstroke
Introduction to treading water
10 deep water bobs
Retrieve objects from deep water

Beginner IV

Description: If your swimmer has completed Beginner III, and/or Intro to Movement, enroll them in this class.

Prerequisites - Beginner III

Introduction to front sculling
Introduction to back sculling

Front float in deep water

Back float in deep water

Front missile push-off, 3 sec float, kick 20m

Back missile push-off, 3 sec float, kick 10m

15m front crawl with side breathing

10m backstroke

Introduction to treading water

10 deep water bobs

Retrieve objects from deep water

Skills taught

Safety Rules

25m front crawl with side breathing

15m backstroke

15m elementary backstroke

15m front sculling (with breaks)

15m back sculling (with breaks)

15 seconds treading

10 seconds survival float in deep water

15m under water swim

Introduction to breaststroke arms and kick with sculling

Introduction to flip turns

Intermediate I

Description: If your swimmer has completed Beginner IV, and/or Intro to Free and Back, enroll them in this class.

Prerequisites - Beginner IV

25m front crawl with side breathing

15m backstroke

15m elementary backstroke

15m front sculling (with breaks)

15m back sculling (with breaks)

15 seconds treading

10 seconds survival float in deep water

15m under water swim

Introduction to breaststroke arms and kick with sculling

Introduction to flip turns

Skills taught

Safety Rules

50m front crawl with side breathing

50m backstroke

15m elementary backstroke

15m front sculling

15m back sculling

10m breaststroke

Introduction to butterfly

30 seconds treading

30 seconds survival float in deep water

15m under water swim

Intermediate II

Description: If your swimmer has completed Intermediate I, and/or Intro to Free and Back, enroll them in this class.

Prerequisites - Intermediate I

50m front crawl with side breathing

50m backstroke

15m elementary backstroke

15m front sculling

25m back sculling

10m breaststroke

Introduction to butterfly

30 seconds treading

30 seconds survival float in deep water

15m under water swim

Skills taught

Safety Rules

100m front crawl with side breathing and flip turns

100m backstroke with flip turns

50m elementary backstroke

25m front sculling

25m back sculling

50m breaststroke

15m butterfly

15m underwater swim

2 minutes treading water with minimal hand usage

2 minutes survival float in deep water

2 life-saving skills

Advanced

Description: If your swimmer has completed Intermediate II, and/or Intro to Butterfly and Breaststroke, enroll them in this class.

Prerequisites - Intermediate II

100m front crawl with side breathing and flip turns

100m backstroke with flip turns

50m elementary backstroke

25m front sculling

25m back sculling

50m breaststroke

15m butterfly

2 minutes treading water with minimal hand usage

2 minutes survival float in deep water

15m under water swim

2 life-saving skills

Skills taught

500m continuous swimming

200m front crawl with side breathing and flip turns

200m backstroke with flip turns

25m front sculling

25m back sculling

100m breaststroke

25m butterfly

3 minutes treading water with minimal hand usage

5 minutes survival float in deep water

15m under water swim

2 life-saving skills