

SWIM LESSON LEVELS

PARENT/CHILD CLASSES

- **PARENT/TOT (6 - 23 MONTHS)** - Encourages a child to work toward independence in the water with parent. Emphasize basic aquatic safety and a positive aquatic learning environment.
- **2 MUCH FUN (24 - 36 MONTHS)** - Especially for 2 year olds and their parents. Designed to give a child a head start into the Pike class.

PRE-SCHOOL (3-5 YEARS)

- **PIKE 1** - No skill required.
- **PIKE 2** - Skills required: Blows bubbles, submerges, front and back float with assistance. Is independent in the water with floatation.
- **EEL (INTERMEDIATE)** - Skills required: Can float on front and back with assistance, can swim 5 feet without flotation, can put face into water.
- **RAY (ADVANCED INTERMEDIATE)** - Skills required: Swims without flotation belt, glides and floats, jumps in water and swims to wall, swims a distance of 15 feet.
- **STARFISH (ADVANCED)** Skills required: Can swim modified front crawl and elementary backstroke, can tread water.

YOUTH / ADULT (6-Adult)

- **POLLIWOG (BEGINNER)** - No skill required.
- **GUPPY (INTERMEDIATE BEGINNER)** - Skills required: Put face in the water, front and back float without assistance; swim a modified front crawl 20 feet.
- **MINNOW (ADVANCED BEGINNER)** - Skills required: Swim a rudimentary 25 yard front and back crawl, jump into deep end.
- **FISH (INTERMEDIATE)** - Skills required: One lap each, front, back crawl and elementary back stroke and has been introduced to breaststroke.
- **FLYING FISH (ADVANCED LEVEL 1)** - Can perform 50 yards each of front crawl, back crawl, breaststroke and sidestroke, and open turns.
- **SHARK (ADVANCED LEVEL 2)** - Can perform bilateral breathing, inverted scissors kick on side, knows the four competitive strokes and flip turns.
- **ADULT - (15 YEARS AND UP)** Beginner level for adults.