



## What students will learn in our Swim Levels:

<b>Parent-Tot</b>	With parent participation, students will learn to be comfortable in the water. This class is designed to ease your child into a positive and fun water experience
<b>Clownfish</b>	Students will learn to put their face in the water, blow bubbles, and float with assistance.
<b>Sea Turtle</b>	Students will learn to float independently on their front and back, glide independently on their front and back, and use combined arm and leg action.
<b>Sea Star 1</b>	Students will learn to float independently on their front and back, glide independently on their front and back, as well as submerge their face and head while blowing bubbles.
<b>Sea Star 2</b>	Students will learn to swim 7 yards of freestyle with correct form and side breathing, as well 7 yards of backstroke with correct form.
<b>Sea Horse 1</b>	Students will increase their distance in freestyle and backstroke to 15 yards. They will also learn the breaststroke kick and be introduced to both front and back flip turns.
<b>Sea Horse 2</b>	Students will increase their distance in freestyle, backstroke, and breaststroke to 50 yards. They will learn the dolphin kick and continue working on front and back flip turns.
<b>Stingray</b>	Students will increase their distance in freestyle, backstroke, and breaststroke to 100 yards. The butterfly stroke will be introduced. Technique refinement will be emphasized.
<b>Shark</b>	Students will learn to swim multiple laps of freestyle, backstroke, and breaststroke, as well improve their butterfly. They will learn intervals, work-out paces, and build endurance up to 500 continuous yards.
<b>Pre-Competitive</b>	Students will continue to improve their endurance and stroke technique in preparation for competitive swim team development.
<b>Adult Beginner</b>	Students will learn to float independently on their front and back, and learn to swim 25 yards of freestyle.
<b>Adult Intermediate</b>	Students will refine any strokes they already know and build their endurance. Students will also have the opportunity to learn additional strokes and flip turns.



**Here are our Swim Level Prerequisites:**

<b>Parent-Tot</b>	Students will learn to be comfortable in the water. This class is designed for children 3 months – 3 years. Parent participation is required.
<b>Clownfish</b>	This class is for 3 and 4 year olds who have had little or no experience in the water. Our first time swimmers.
<b>Sea Turtle</b>	This class is for 3 and 4 year olds who can put their face in the water, blow bubbles, and float on their front and back with assistance.
<b>Sea Star 1</b>	This class is for children 5 and up with little or no water experience.
<b>Sea Star 2</b>	Students must know how to float on their front and back independently, put their face in the water, blow bubbles, and submerge head 5 times. They also must be able to glide from the wall to the instructor with their face in the water.
<b>Sea Horse 1</b>	Students must know how to swim 7 yards of freestyle with correct form and side breathing, as well as 7 yards of correct backstroke. Students should also be familiar with both front and back flip turns.
<b>Sea Horse 2</b>	Students must be able to swim 15 yards of freestyle with correct side breathing, as well as backstroke. They will also need to know how to perform breaststroke kick for 25 yards and be familiar with both front and back flip turns.
<b>Stingray</b>	Students must be able to swim 50 yards of correct freestyle, backstroke, and breaststroke. They must also be able to swim at least 15 yards of dolphin kick and be familiar with both front and back flip turns.
<b>Shark</b>	Students must be able to swim 100 yards of freestyle, backstroke, and breaststroke. They must also be able to swim at least 25 yards of dolphin kick and know both front and back flip turns.
<b>Pre-Competitive</b>	Students must be able to swim 500 yards continuously, and know correct form for all 4 strokes. Students must also be able to perform both front and back flip turns.
<b>Adult Beginner</b>	This class is for people who want to learn how to swim and become independent in the water.
<b>Adult Intermediate</b>	Students must be independent in the water and be able to swim at least 25 yards.