

SWIM CLASS GUIDELINES



IPAP (Parent & Me)

- Children ages 6 months to 2½ years
- Adult must be present in the water with the child at all times
- Your child will not necessarily learn how to swim in this class, the goal is to get your child comfortable and to learn to love the water
- Children will go under water each and every day
- Diving board the last 2 days
- Limit 8 children per class

LEVEL 1 (Polliwog)

- Children ages 2½ -4
- Bring the water to the children
- Learn pool rules, how to float, hold breath under water, jump into the pool, use their kickers
- Less structured than Level 2
- Use fun strategies to introduce swimming skills and keep children engaged
- Must be able to swim 10 feet unassisted in order to pass
- Limit 4 per class

LEVEL 2 (Beginner)

- Children age 4½ & up
- Kickboard kickers
- Front and back swimming
- Underwater bobs will be introduced
- Diving board
- Limit 5 children per class
- Must be able to swim the width of the pool on front and back in order to pass

LEVEL 3 (Advanced Beginner)

- Must have passed Level 2 or be able to perform Level 2 skills
- Be able to swim on front and back across the width of the pool
- All basic skills will be improved
- Elementary backstroke, side breathing and dives will be taught
- Limit 8 children per class

LEVEL 4 (Intermediate)

- Must have passed Level 3 or able to perform Level 3 skills
- Front swimming side breathing, backstroke, elementary backstroke and dives will be reviewed
- Breaststroke and sidestroke will be taught
- Technique improvement and endurance are the core components of Level 4
- Limit 10 children per class

LEVEL 5 (Swimmer)

- Must have passed Level 4 or able to perform Level 4 skills
- Children will swim EVERY stroke lengthwise across the pool without stopping
- Butterfly stroke will be taught
- Relays, lap swimming, flip turns, racing starts & competitive swimming will be introduced
- Limit 24 children per class

PLEASE NOTE:

- **Swim Diapers are required for all children not potty trained**
- **Learning through fun is the basic foundation of our classes**
- **Every class will be taken off of the diving board**