

## **You Learn-to-Swim Level Descriptions**

### Parent & Me (6 months-3 years)

Designed for children 6 months to 3 years of age, this program builds swimming readiness and comfort in an aquatic environment by emphasizing fun in the water for parents and children.

### Aqua Tots (3-5 years)

Aqua Tots will enable preschool aged children to explore an aquatic environment safely while building comfort and confidence with an instructor.

### Level 1: Water Exploration (5+ years)

The objective of Level One is to help students feel comfortable in the water. Students will learn elementary water skills and safety which they can build on as they progress through the various levels.

### Level 2: Primary Skills (5+ years)

Level 2 will expand on fundamental aquatic skills as students learn combined stroke mechanics, underwater retrieval and floating without support. This level also includes basic self-help rescue skills.

### Level 3: Stroke Development

Students will increase their swimming skill competency and continue practicing safety skills. They will also be introduced to the elementary backstroke and the fundamentals of treading water.

### Level 4: Stroke Development

Level Four develops confidence and strength to improve skills learned and introduces new aquatic skills such as breaststroke and sidestroke.

### Level 5: Stroke Refinement

Level Five provides further coordination and refinement of strokes, allowing participants to swim further distances. The class introduces butterfly, open turns, and feet-first surface dives.

### Level 6: Skill Proficiency

The objective of Level Six is to refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

---