

## Aqua Baby (6 months-1 year)

This is a parent/child swim class that teaches aquatic skills in a progressively structured but fun way. This class will not make your child an independent swimmer; instead, this class will acclimate them to the water and show them how fun the water can be! Skills learned include getting adjusted to the water and getting comfortable being on both their back and front positions in the water. **Each child MUST be accompanied by an adult IN the water.**

## Aqua Tot (Ages 1 and 2)

This is a parent/child swim class that continues to build on comfort levels in the water. This class will not make your child an independent swimmer. It will however, continue to build on comfort in the water as well as introduce skills such as back floating and breath control. **Each child MUST be accompanied by an adult IN the water.**

## Beginner Preschool (Ages 3 and 4)

Beginner Preschool is a class meant to orient young preschoolers to the water. This class will help them become more comfortable and safer in aquatic environments. Breath control, submerging, buoyancy, and changing direction in the water are just a few of the skills we will work on with this class.

## Preschool (Ages 4 and 5- prior to starting kindergarten)

This class will continue to build on the skills in the beginner preschool level. This class is designed for your children ages 4 and 5. They will continue to progress through skills such as breath control, submerging, buoyancy, and changing directions in the water. This level marks the beginning of working towards more independence in the water, while still focusing on water safety topics.

## Swim Level 1 (School aged children 5 and above.)

This class is designed to introduce basic water skills to school age children. This class is designed for those children that may not have much/any water experience. This class will work on establishing a positive relationship between your child and the water, with safety in mind. Your child's ability to be comfortable in the water while working on skills such as breath control, retrieving submerged objects, and working with buoyancy will help them strive to become more independent in the water.

## Swim Level 2

This class is designed for those students who have passed level 1, or can demonstrate breath control and fully submerge to retrieve underwater objects, float and roll in the water with assistance, and demonstrate simultaneous and alternation leg and arm action on both front and back with assistance. They will continue to build progressively on the previously mentioned skills to begin to complete all skills independently.

## Swim Level 3

This class is designed for those students who have passed level 2 or can demonstrate fully holding breath and submerging, can independently float on back and front, can independently directional changes and treading water, and can swim on front with combined arm and leg actions. This class will progressively build on the previous skills while introducing new strokes. At this level, sitting dives will be introduced into the skill set as well.

## Swim Level 4

This class is designed for those students who have passed level 3 or can jump in and recover to the side of the pool, independently float in deep water, demonstrate several different strokes ( back stroke, front crawl, breast stroke, and side stroke.) This level will continue to develop the previous mentioned strokes as well as introduce new skills. This class is for students who are already confident in the water and are looking to improve their technique.

## Swim Level 5

Level 5 is not being offered at this time due to the high demand in the lower levels. If you are needing a child into a class for more stroke refinement or swim team prep, please email [alexish@ymcatopeka.org](mailto:alexish@ymcatopeka.org). Private lessons may be available to help your child reach their goals.

## Private Lessons

If you do not feel like group lessons are going to be beneficial and your child may need more one on one time. Please send you name and phone number via email to [alexish@ymcatopeka.org](mailto:alexish@ymcatopeka.org) so that we can try to match you with an instructor to help your child meet their goals. Time slots will be limited.