



Swim Academy

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Swim Level Descriptions

Aqua Baby (0-1 year of age)

This mommy/daddy and baby class that teaches aquatic skills in a progressively structured yet 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 environment; showing comfort on both front and back positions in the water. **Each child MUST be accompanied by an adult in the water.**

Aqua Tot (Ages 1-3)

This class prepares the swimmer and parent for entry into level 1. Using a variety of toys, we teach progressive toy retrieval, back floating, and breath holding that leads to swimming independently, jumping, use of hands and kick, and other important skills. In order to move up to Level 1, swimmers must be comfortable putting their face in the water for three or more seconds. **Child MUST be accompanied by an adult.**

Level 1

For swimmers who have graduated from the Aqua Tot class, are new to the Academy or who are not yet comfortable in water. Swimmers learn to retrieve toys independently on the steps. They learn breath control, bobbing, back floating, streamline gliding, roll from front to back and back to front, blast-off, jump with assistance. Our goal is for the swimmer is to be able to swim and kick with assistance. Beginner safety skills are introduced.

Level 2

This is where the swimmer will begin learning freestyle and backstroke. We teach each part of the stroke separately, and then add them together. We continue to build on skills learned in Level 1.

Level 3

Refining freestyle and backstroke will be the main focus. Diving, Breaststroke and safety skills will be introduced and continued into Level 4.

Level 4

Swimmers will be refining and building endurance with free style and backstroke, with introduction of butterfly. Turns and lane swimming etiquette are introduced.