

**Parent and Child.** For ages 6 months to 3 years with parents. This class is designed to give parents safety information and teaches parents techniques to help orient their child to the water.

**Preschool Level One.** For ages 3&4 years. Toilet trained, no swim diapers. For those beginners with little or no experience in the water. To help participants feel comfortable in the water. Safety and beginning basic skills taught.

**Level 1– Introduction to Water Skills.** For ages 3 years and up. For those with little or no experience in the water. To help participants feel comfortable in the water safely.

**Level 2– Fundamental Aquatic Skills.** Participants must be able to: put their entire head underwater by themselves, travel along the side of the pool for 5 yards and back float for 3 seconds with support.

**Level 3– Stroke Development.** Students must be able to swim front and back crawl for at least 5 body lengths. They should be able to float on front and back for 10 seconds.

**Level 4–Stroke Improvement.** Students must be able to swim front crawl and elementary backstroke for 15 yards and tread water for 30 seconds. Also, should be able to perform the scissor kick for 10 yards.

**Level 5–Stroke Refinement.** Students must be able to: swim at least 25 yards of front crawl and elementary backstroke; swim 15 yards of breaststroke, backstroke, butterfly and sidestroke; tread water for at least 2 min.

**Level 6–Swimming and Skill Proficiency.** This level is designed for the advanced swimmer. Students should be able to: swim front crawl and elementary backstroke for 50 yards; swim breaststroke, sidestroke, backstroke and butterfly for 25 yards; and tread water for 5 minutes.