

## Learn-to-Swim Levels

### **Minnows (Level 1)-**

Must be at least 3 years old, independent of parents and be able to take directions. This level is designed to make swimmers feel comfortable without their parents. Here students will build confidence, good attitudes, and safe practices around the water. By the end of this level, the students will be able to put their faces in the water for at least 3 seconds and be able to float on their front and back.

### **Blowfish (Level 2)-**

Within this level, the swimmers will be learning to swim alone without support on their stomachs, swimming front crawl. Also, they will start learning the other strokes such as backstroke and elementary backstroke. They will also have a brief introduction to breast stroke kick. Children should already have grasped the basic concept of how to swim by this level but aren't strong enough yet to swim without a life jacket.

### **Starfish (Level 3)-**

In this level, swimmers will perfect the strokes that they learned in level 2. They will also be introduced to breaststroke and sidestroke. Students should be able to perform the strokes that they learned in level 2 by themselves, but we will work on making them stronger and more efficient.

### **Stingray (Level 4)-**

In level 4, swimmers will begin to learn the butterfly technique along with perfecting all the other strokes. Swimmers will also begin to start learning other skills, such as dives and treading water.

### **Piranha (Level 5)-**

The objective of this level is for students to be coordinated in all of the key strokes. They will also perfect their dives and begin to learn flip turns.

### **Dolphin (Diving Beginners)-**

Within this level, divers will learn the fundamentals of diving. The students will build confidence on the board, learn how to do a hurdle, front and back dives.

### **Private Lessons-**

We also offer private swim lessons if you think your child needs something more individualized. Private lessons are offered during lap swim or open swim hours, but you do not have to pay the fee to swim. Cost is \$15 for a half hour and \$20 for an hour. If you would like to pursue this route please contact Community Ed at 692-6225.