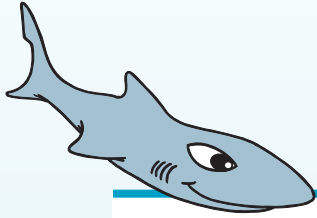


Youth Swim Lessons



Overview of Class Levels

Where does my child belong?

Infant & Toddler

6 months –
2 years old*

- Parent assisted class.
- Songs and games are a big part of the class.
- **GOAL:** Child will learn basic water adjustments and get comfortable with their body in the water.

PreFin 1

3 – 4 years old*

- Child is a very beginner swimmer; needs to develop basic water adjustment & safety.
- **GOAL:** To hold eyes in water for 3 seconds, to allow instructor to let go for 2 seconds and to be able to float.

PreFin 2

3 – 5 years old*

- Child should be able to float.
- Child will be able to swim 5 feet and is ready to learn to bring arms out & breathing.
- **GOAL:** To swim 10 feet with independent breathing and arms.

FIN

4 – 6 years old*

- Child is already swimming but needs to work on developing freestyle technique, breathing to the side, and backstroke.
- **GOAL:** To swim freestyle & backstroke 15 to 25 feet.

Pre-Team

5 – 8 years old*

- Child should be able to swim freestyle & backstroke.
- This class fine tunes stroke, builds endurance and teaches diving.
- **GOAL:** To swim freestyle and backstroke, demonstrating proper technique for 25 yards.

**These are suggested ages only. A child's skill level will ultimately determine which class they should attend.*