

# PRIVATE SWIMMING LESSONS CLASS DESCRIPTIONS—2019

**Level 1 - Level 6 - Students must pass or test out of the previous level before enrolling in the next level**

**Level 1 - Intro to Water Skills (Ages 5 & up):** Designed for children ages 5 & up that are able to learn without constant one-on-one instructor attention. Emphasis on water exploration, water safety, & learning elementary skills such as floating & kicking on the front & back, alternating & simultaneous arm action, & changing directions/positions in the water.

**Level 2A - Fundamental Aquatic Skills A:** Students combine arm & leg actions for front crawl & back crawl, & learn gliding, flutter kick with finning, other basic stroke skills, & safety skills.

**Level 2B - Fundamental Aquatic Skills B:** Continue to learn & build on basic stroke skills. Emphasis on front crawl & back crawl without support & smoother, more rhythmic stroke patterns. Combine stroke skills for the elementary backstroke, & learn safety skills.

**Level 3A – Stroke Development A:** Students build on aquatic skills presented in Level 2B. Primary focus on rotary breathing for the front crawl. Emphasis on additional stroke development skills. Guided practice in the back crawl & elementary backstroke. Introduction to basic arm & leg actions for breaststroke. Exploration in deep water.

**Level 3B - Stroke Development B:** Continue to build on & develop stroke skills presented in Level 3A: refine the front crawl with rotary breathing, back crawl, & elementary backstroke while also learning the breaststroke. Students will be taught the basics of treading water, introduced to the basics of diving from the side of the pool & diving boards, & learn various safety & rescue skills.

**Level 4 - Stroke Improvement:** Students develop confidence & competency in stroke, safety & rescue skills taught in previous levels. They will learn the basics of the sidestroke, various turns, sustained treading of water, and rescue breathing.

**Level 5A - Stroke Refinement A:** Coordinate & refine key strokes along with an intense focus on the butterfly, open turns, & feet first surface dives.

Class	Age	Additional Requirements	Session 1 June 3 - 13 Mon - Thu	Session 2 June 17 - 27 Mon - Thu	Session 3 July 8 - 18 Mon - Thu	Maximum per Class
Level 1	Must be 5 years old	Must have passed Step 1	9:05 - 9:30 am 11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	11:05 - 11:30 am 11:35 am - 12:00 pm 6:05 - 6:30 pm 6:35 - 7:00 pm	5
Level 2A	No Requirement	Must have passed Level 1				
Level 2B	No Requirement	Must have passed Level 2A				
Level 3A	No Requirement	Must have passed Level 2B				
Level 3B	No Requirement	Must have passed Level 3A				
Level 4	No Requirement	Must have passed Level 3B				
Level 5A	No Requirement	Must have passed Level 4				
Level 5B	No Requirement	Must have passed Level 5A				
Level 6	No Requirement	Must have passed Level 5B				

*Swimmers may test out of a level at the pool during swim lessons & advance to the next level*