

SWIM AMERICA GENERAL INFORMATION

Ages 3 years and up

40-minute classes

5 students per class maximum

Our skill levels are based on those established by the national **SwimAmerica** organization. To choose a class appropriate for your child, determine their highest level of swimming ability within the following Progression System:

LEVEL 1: BUBBLES

Sign up for Level 1 if your swimmer is 3+ and a non-swimmer

The Bubbles class is for somewhat nervous students or very beginners. This class includes introduction to the basic skills necessary for swimming. We work on gradual water adaptation, movement in the water, breath holding and release, submersions of the face, opening eyes underwater, blowing bubbles, bobbing with bubbles and air exchange. Swimmers gain water confidence, master submerging their face in the water and taking a relaxed breath. Swimmers advance when they achieve 10 relaxed bobs. We also introduce back floats, kicking and BIG SMILES.

LEVEL 2: FLOATS AND GLIDES

Sign up for Level 2 if your swimmer is 5+ years old and has the ability to place head underwater

The Floats and Glides class is appropriate for swimmers who are comfortable holding their breath under the water and doing 10 relaxed bobs with air exchange. Swimmers will be taught to front float and recover, front glide and recover, back float and recover, and back glide and recover. Additionally, students will learn to jump in the water, rollover, and float as a safety skill. Swimmers advance when they can front glide and recover for 5 seconds and back glide and recover for 5 seconds.

LEVEL 3: KICKING

Sign up for Level 3 if your swimmer is 5+ and can do a front float and back float independently

The Kicking class is appropriate for swimmers that know how to comfortably hold their breath and float on their stomach and back independently. Swimmers will be taught porpoising, dolphin kick and will master kicking skills with front/back glide. Swimmers advance when they can kick 15 feet on their front and 15 feet on their back.

LEVEL 4: CRAWL STROKE

Sign up for Level 4 if your swimmer is 5+ and has mastered Front and Back Float and Kick independently

The Crawl Stroke class is appropriate for swimmers who have mastered breath control, body position and kicking on their front and back on top of the water. Swimmers will be taught to rollover front to back and back to front, finning and skulling, breathing position for freestyle and the crawl armstroke. Swimmers will master short front crawl swim and advance by performing side-glide kick 20 feet and crawl stroke 20 feet.

LEVEL 5: FREESTYLE

Sign up for Level 5 if your swimmer is 5+ and can do the crawl arm stroke on top of the water

The Freestyle class is appropriate for swimmers who can swim on top of the water but stop when they need to take a breath. Swimmers will be taught crawl stroke with continuous breathing and the back crawl stroke and will master crawl stroke with side breathing. Swimmers advance by swimming crawl stroke with a minimum of 4 breaths.

LEVEL 6: BACKSTROKE

Sign up for Level 6 if your swimmer is 5+ and has mastered Crawl arm stroke with breathing to the side

The Backstroke class is appropriate for swimmers who have mastered Freestyle swimming with continuous side breathing for a short distance and can swim on their backs. Swimmers will be taught extended freestyle swimming, treading water, jump in and tread water and dives. Swimmers will master and advance when they can swim freestyle for 75 feet, swim backstroke 30 feet and jump in and tread water for 1 minute.

LEVEL 7: BREASTSTROKE AND BUTTERFLY

The Breaststroke & Butterfly class is appropriate for swimmers who have passed levels 1-6 and can swim Freestyle for 75 feet and backstroke for 30 feet. Swimmers will be taught the breaststroke kick, swim, butterfly arms and butterfly swim. Swimmers advance when they have mastered a 50-yard freestyle swim, 25-yard backstroke swim and can kick breaststroke for 20 feet.

LEVEL 8: TURNS

The Turns Class is appropriate for swimmers who have passed levels 1-7 and can swim a 50-yard freestyle swim, 25-yard backstroke swim and can kick breaststroke for 20 feet. Swimmers will be taught freestyle with bilateral breathing and turns for each stroke and IM. Swimmers will master and advance as they perform a 100-yard freestyle swim using bi-lateral breathing, swim breaststroke 25 yards and swim butterfly 30 feet.

LEVEL 9: LIFETIME STROKES

The Lifetime Strokes Class is appropriate for swimmers who have passed levels 1-8 and can perform a 100-yard Freestyle Swim using bi-lateral breathing, swim Breaststroke for 25 yards and Butterfly stroke for 30 feet. Swimmers will be taught sidestroke kick and swim and elementary backstroke. Swimmers advance as they master a 200-yard freestyle swim with bi-lateral breathing for a continuous 50 yards, swim 25 yards butterfly, 50 yards breaststroke, 50 yards elementary backstroke and 50 yards sidestroke.

LEVEL 10: INDIVIDUAL MEDLEY

The Individual Medley Class is appropriate for swimmers who have passed levels 1-9. Swimmers will be taught extended swimming and technique refinement in all major strokes and turns. Swimmers will master and graduate as they swim 300 yards freestyle, 100 yards backstroke and a 100 yard Individual Medley.