



WAHOO Swim Academy Youth Lesson Information (effective 12/12/22)

...Providing exceptional aquatic instruction year-round



Skill Level	Description and Requirements
Level 1 (Beginner)	Level 1 swim lessons are designed for swim lesson participants who are entirely new to swimming. Learning how to swim can be a challenge and it often takes time for new swimmers to get comfortable in the water. Participants in this class are not expected to have any previous experience in the water. The focus is on having fun while learning about water safety and introducing basic swimming skills including but not limited to: blowing bubbles, submerging under the water, kicking, front float, and back float.
Level 2 (Intermediate)	Level 2 swim lessons are designed for swim lesson participants who are comfortable in the water and may have had some previous swimming experience. Participants in this class should be able to at minimum: submerge under the water, float on their front, float on their back, and have some basic knowledge of freestyle and backstroke. Participants in this class should be able to independently swim between 3 and 6 yards. The focus of this class is to improve stamina and confidence while gradually introducing and improving proper freestyle and backstroke technique.
Level 3 (Advanced)	Level 3 swim lessons are designed for swim lesson participants who are comfortable swimming independently and have had some previous swimming or swim lesson experience. Participants in this class should be able to at minimum: independently swim 12.5 yards of freestyle and backstroke. The focus of this class is to improve stamina and confidence while improving freestyle and backstroke technique and introducing or strengthening proper breaststroke and butterfly technique.
Stroke Technique	The stroke technique skill level is designed for swim lesson participants who are looking to increase their stamina and improve their technique in all four competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Participants in this class may also work on other aspects of swimming like: turns, diving, and treading water. Participants in this class should be able to at minimum: independently swim 25 yards of freestyle and backstroke, as well as have at least some basic knowledge of breaststroke and butterfly. Stroke technique lessons are only scheduled when there is availability in either the lap or deep pools.