

# 2018 Shaw Aquatics Center



## Swim Lessons Program

### Class Levels

**Guided Discovery** ~ this class is designed for your child, along with an adult to gain confidence in the water; blowing bubbles, meeting new friends and exploring the turtle slide are all part of the Guided Discovery experience.

**Cubbies** ~ is offered to 4 & 5 year olds. Class is designed for children with few or no swimming skills. Skills introduced; safety rules, water adjustment, breath control, beginning arm stroke, face float, front glide and flutter kick.

**Level 1** ~ class is designed for children with few or no swimming skills. Skills introduced; safety rules, water adjustment, bobs, entering and exiting the pool, jellyfish, front and back floats, glides, flutter kicks and introduction to alternating arm action.

**Level 2** ~ class continues to build on skills introduced in Level 1 and progresses to backstroke and improved crawl stroke, fully submerged head and retrieving objects from the bottom of the pool in chest deep water.

**Level 3** ~ class continues to build on skills introduced in level 2 and progresses to back crawl, elementary backstroke, breaststroke kick and diving.

**Level 4** ~ class continues to build on skills introduced in level 3 and improves crawl stroke and backstroke distance, breaststroke, elementary backstroke, turns, dives and introduces butterfly stroke.

**Level 5 /6** ~ class continues to build on skills introduced in level 4 and improves crawl stroke and backstroke distance, breaststroke, elementary backstroke, turns, dives and butterfly stroke.

