



Swim Lesson Levels

In partnership with SwimSafe Pool Management Co.

Class Description

Prerequisite

This class is for children who:



Feliz the Flounder

Level 1: Flounder

Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.

Skills: *Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age appropriate safety skills.*

4 years old on or before Aug. 1st

Have little experience in the water or are taking lessons for the first time



Jimmy the Jellyfish

Level 2: Jellyfish

Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.

Skills: *Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.*

Successful completion of all Flounder skills

Can comfortably submerge under the water and perform 5 unassisted consecutive bobs

Tips to make the most out of lessons!

- Arrive on time and ready for lessons
- Wear a well fitted swimsuit that is appropriate for lessons
- Children with long hair should use a hair tie or wear a swim cap
- Swim goggles (not a snorkel or mask) may be used by children in the upper level classes
- Children who are not potty trained must wear a swim diaper while in the pool

