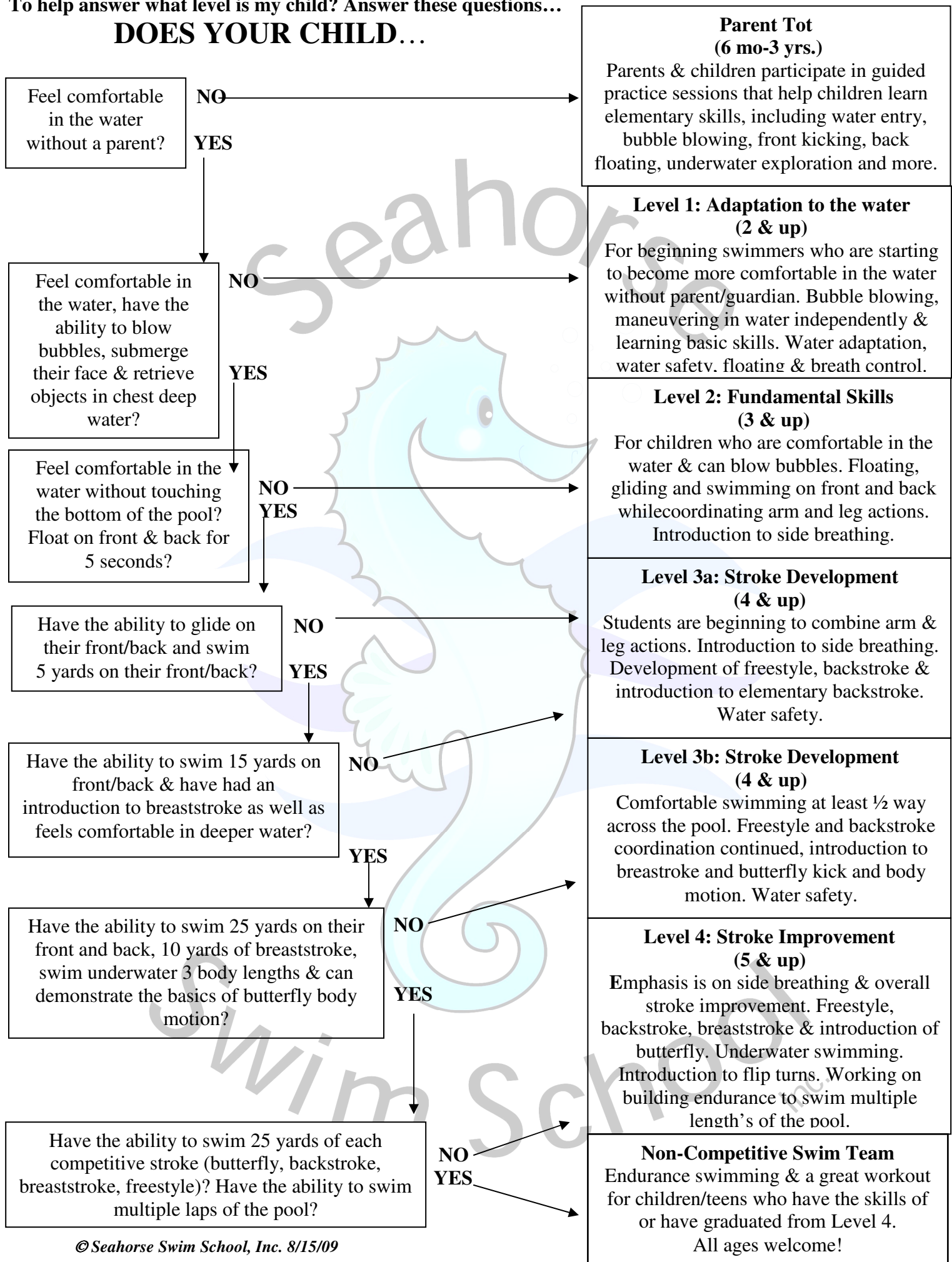


To help answer what level is my child? Answer these questions...

DOES YOUR CHILD...



**Parent Tot
(6 mo-3 yrs.)**
Parents & children participate in guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more.

**Level 1: Adaptation to the water
(2 & up)**
For beginning swimmers who are starting to become more comfortable in the water without parent/guardian. Bubble blowing, maneuvering in water independently & learning basic skills. Water adaptation, water safety, floating & breath control.

**Level 2: Fundamental Skills
(3 & up)**
For children who are comfortable in the water & can blow bubbles. Floating, gliding and swimming on front and back while coordinating arm and leg actions. Introduction to side breathing.

**Level 3a: Stroke Development
(4 & up)**
Students are beginning to combine arm & leg actions. Introduction to side breathing. Development of freestyle, backstroke & introduction to elementary backstroke. Water safety.

**Level 3b: Stroke Development
(4 & up)**
Comfortable swimming at least 1/2 way across the pool. Freestyle and backstroke coordination continued, introduction to breaststroke and butterfly kick and body motion. Water safety.

**Level 4: Stroke Improvement
(5 & up)**
Emphasis is on side breathing & overall stroke improvement. Freestyle, backstroke, breaststroke & introduction of butterfly. Underwater swimming. Introduction to flip turns. Working on building endurance to swim multiple length's of the pool.

Non-Competitive Swim Team
Endurance swimming & a great workout for children/teens who have the skills of or have graduated from Level 4. All ages welcome!