

Swim Lesson Levels

Preschool Levels



Ages: 6 months-2 years

This water adjustment course introduces participants to swimming skills through songs and games. Children will not be taught to be accomplished swimmers or how to survive in the water. This is an introductory course.

Requirements:

- Must be able to hold head up
- Adult must attend each class and be in water with the child

Next Level:

- Jellyfish – Parent Participation (3 yrs. old)
- Duck (3 yrs. old)
- Alligator (3 yrs. old and meets all Duck skill requirements to pass)



Ages: 3-5 years

Designed for preschoolers who are not yet comfortable getting in the water on their own with an instructor, and would be more comfortable having their adult with them. Class focuses on orienting participants to the aquatic environment by teaching elementary skills, fundamental aquatic locomotion and safety skills. These skills continue to develop as they progress through our swim lesson program. Designed for students who are not comfortable in the water by themselves and who cannot float with their faces in the water.

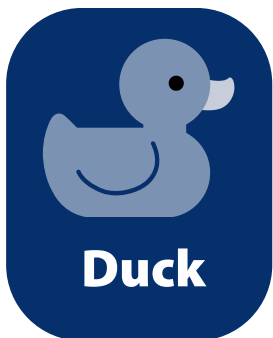
Requirements:

- Children under 3 may not register- no exceptions
- Adult must attend each class and be in water with the child

Next Level:

- Duck (If participant is comfortable to be without their adult in the water)
- Alligator (Meet all Jellyfish skill requirements to pass)
- Seal (5 yrs. old)

Preschool Levels continued



Ages: 3-5 years

This level is about introducing participants to the aquatic environment by teaching elementary skills, fundamental aquatic locomotion and safety skills. These skills continue to develop as they progress through our swim lesson program. This class is designed for students who are not comfortable in the water and who cannot float with their faces in the water.

Requirements:

- Children under 3 may not register- no exceptions

Next Level:

- Alligator (Meet all Jellyfish or Duck skill requirements to pass)
- Seal (5 yrs. old)



Ages: 3-5 years

This intermediate preschool class marks the beginning of true locomotion skills. Children at this level are comfortable in the water and have acquired basic swimming skills. Participants are introduced to the fundamentals of freestyle and backstroke. Child **MUST** be comfortable submerging underwater and swimming for 2 yards unassisted.

Requirements:

- Children under 3 may not register- no exceptions
- Enter and go underwater comfortably
- Must be able to swim 2 yards unassisted

Next Level:

- Otter (Meets all Alligator skill requirements to pass)
- Seal (5 yrs. old and has not met all Alligator skill requirements to pass)
- Marlin (6 yrs. old and meets all Alligator skill requirements to pass)



Ages: 4-6 years

This class is designed for advanced preschoolers, with focus on more advanced swimming techniques. Participants revisit the fundamentals of freestyle and backstroke, including introduction to freestyle side breathing, elementary backstroke, breaststroke and diving. Child **MUST** be able to swim freestyle and backstroke independently.

Requirements:

- Must be able to swim 5 yards of freestyle unassisted
- Must be comfortable swimming on back unassisted
- Knowledge of backstroke

Next Level:

- Sea Turtle (Meets all Otter skill requirements to pass)
- Marlin (6 yrs. old and has not met all Otter skill requirements to pass)
- Dolphin (6 yrs. old and meets all Otter skill requirements to pass)

Preschool Levels continued



Ages: 5-7 years

The Sea Turtle class is designed for preschoolers who may be interested in joining a swim team. The focus of this course will be the four competitive swim strokes and diving. Participants revisit the fundamentals and are introduced to butterfly and treading water. Child **MUST** be able to swim freestyle w/side breathing and backstroke a minimum of 10 yards.

Requirements:

- Must be able to swim 10 yards of freestyle w/side breathing
- Must be able to swim 10 yards of backstroke
- Knowledge of breaststroke

Next Level:

- Roseville Sea Lions (Pre-competitive Program)
- Dolphin (6 yrs. old and has not met all Sea Turtle skill requirements to pass)
- Stingray (6 yrs. old and meets all Sea Turtle skill requirements to pass)