



AQUA~FIT

Swim, Fitness, Yoga, Rehab

Family Wellness Center

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Learn to Swim Course Descriptions

WATERBUGS - (Ages 6 Months to 2 ½ years with Adult)

- The **Adult** and **Child** learn together through skills, toys and songs
- Adult learns to be safe in the water while having fun with their infant/toddler
- Skills learned will take the child through progression of the Learn to Swim program
- Water Appreciation

PRESCHOOL BEGINNER/ ADVANCED BEGINNER - (Ages 2 ½ through 5 years)

- Preschoolers learn water safety & adjustment along with swimming readiness skills
- Young children develop a water comfort level in & around the water
- Parents provided knowledge & supervision skills for child's orientation to water activities
- Key emphasis on having fun & enjoyment essential to learning
- Creative environment for active stimulating play & safety
- Emphasis for a warm & trusting relationship among parents, children & instructor
- Survival skills begin at this level
- Promotes readiness for Learning to Swim

LEVEL 1: WATER EXPLORATION

(Students must be willing to put their face in water & push off to their instructor for several feet.)

- Level 1 Objective is to help students feel comfortable in water & program enjoyment
- Elementary Aquatic skills build progress through the Learn to Swim program
- Some students will have experience with the water and may begin at a higher level

LEVEL 2: PRIMARY SKILLS

- Level 2 Objective is to give students success with fundamental skills
- Students learn to float without support & recover to a vertical position
- Marks the beginning of true locomotion, self-help & basic rescue skills from Level 1
- This swimmer is not afraid to go under water

LEVEL3: STROKE READINESS

- Level 3 Objective is to build on the skills in level 2 by providing additional guided practice
- Students coordinate the front crawl, back crawl and underwater swimming
- Fundamentals of treading water may be introduced
- As in all levels additional safety skills are taught

LEVEL 4: STROKE DEVELOPMENT

- Level 4 Objective is developing confidence in strokes learned & improving other aquatic skills
- Increased endurance by swimming familiar strokes (front crawl & back crawl) for greater distance
- Breaststroke, elementary backstroke & basics of turning at the wall may be introduced

LEVEL 5: STROKE REFINEMENT

- Level 5 Objective is coordination & refinement of key strokes
- Side Stroke, Butterfly & open turns will be introduced
- Participants learn to perform the front crawl and back crawl for greater distances
- Learn to perform the sidestroke and breaststroke

AquaFinners LAP CLASS- (Skills Training Pre-Swim Team Prep)

- Lap Class objective is developing confidence, endurance, refinement & competitive team skills
- Classes are concentrated & structured for more advanced swimmer up to the challenge

DIVING LESSONS: Summer only- Please call Miss Mimi at the office for more information