

## **Eudora Aquatic Center**

### **Swim Lessons Level Descriptions**

#### Parent-Tot

(Ages 6 months to 3 years): The foundation of the Parent-Tot class is a set of basic skills that prepares young children to be comfortable in the water. Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. Each child **MUST** be accompanied by an adult in the water.

#### Level 1

(Ages typically 3 to 5 years): Level 1 introduces basic aquatic skills, working on comfort in the water and entering and exiting the pool by themselves. Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back.

#### Level 2

(Ages typically 5 to 7 years): The objective of Level 2 is to give participants success with fundamental skills. Skills learned include front, back floats unsupported for 5 seconds, then recover to a standing position; front and back glides for 2 body lengths and combined arm and leg actions on front and back for 15 feet.

#### Level 3

(Ages typically 7 to 8 years): The objectives Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Skills learned include survival and back floats and treading water for 30 seconds; front and back glides with two different kicks and combined arm and leg actions on front and back for 15 feet.

#### Level 4

(Ages typically 8 to 10) In level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e., front crawl, elementary backstroke) for greater distances and with more advanced proficiency. Skills learned include head-first entries, survival swimming and treading water using two kicks.

#### Level 5/6

(Ages typically 10 to 14) Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns.

**\*\*All levels are aligned with the Learn-to-Swim Program through the American Red Cross.**

**\*\*Ages are only an estimate/average. Ages will vary depending on the child's willingness to learn and how comfortable they are in the water, as well as their strength and endurance.**