

Swimming Lessons: Level Descriptions

FREE EVALUATION If you are not sure which level to register your child in, we offer free evaluations, daily from 10:30 a.m. – 8:00 p.m. We offer **Private Lessons!** Call the registration line for options and availability. 604-927-4FUN (4386).

| SWIM LEVEL | AGE | PRE- REQUISITE | SKILL |
|--------------------------------|----------------|------------------------|--|
| Swim Parent & Tot 1 Starfish | 4 – 12 months | Age | The goals are to help babies experience buoyancy and movement through songs and play in the water and to teach the parent/caregiver age specific water safety. |
| Swim Parent & Tot 2 Duck | 12 – 24 months | Age | Swimmers learn how to use floating objects for support and explore different water movements through games, songs and active water play. The parent/caregiver also learns age specific water safety. |
| Swim Parent & Tot 3 Sea Turtle | 24 – 36 months | Age | Swimmers learn, through fun games and songs, how to combine skills, how to kick with a buoyant object and how to perform basic floats, glides and kicks. |
| Preschool 1 Sea Otter | 3 – 5 years | Age | Swimmers learn to open their eyes underwater, further develop basic floats and glides and swim 1 metre assisted. They also learn age appropriate water safety skills. |
| Preschool 2 Salamander | 3 – 5 years | Preschool 1 Sea Otter | Swimmers learn to swim 2 metres, further develop basic floats and increase their distance on front and back glide. Front swim and roll – over glide are also included and swimmers learn appropriate water safety skills such as how to jump into chest deepwater and how to use a Personal Flotation Device. |
| Preschool 3 Sunfish | 3 – 5 years | Preschool 2 Salamander | Swimmers learn to swim 5 metres, increase their distance using buoyant objects, increase their front and back glides with kick, and develop their roll – over glide, side glide and front swim. Safety skills include deepwater skills and use of a Personal Flotation Device. |
| Preschool 4 Crocodile | 3 – 5 years | Preschool 3 Sunfish | Swimmers learn to swim 5 metres on their front and back and begin using rhythmic breathing. They also progress with kicking drills and increase the swimming distance to 10 metres. Safety skills include jumping into deepwater and performing surface support for 10 seconds, recognizing when a swimmer needs help and using a Personal Flotation Device in deep water. |
| Preschool 5 Whale | 3 – 5 years | Preschool 4 Crocodile | Swimmers perform a front and back swim for 10 metres. Swimmers work on developing their flutter kick and perform a distance swim of 15 metres. Safety skills include identifying safe swimming areas, jumping into deep water, swimming 5m, surface support for 20 seconds and return to safety, throwing assists and sitting dives. |
| Swim Kids 1 | 6 – 12+ years | Age | Swimmers receive an orientation to water and the pool area and work on floats, glides and kicking. Swimmers build their endurance by working on the 5m front swim. |
| Swim Kids 2 | 6 – 12+ years | Swim Kids 1 | Swimmers work on propulsion skills to move through the water and to remain at the surface. Swimmers work on the front swim (5m) and learn about deep water activities and proper use of a Personal Flotation Device (PFD). Fitness activities include the 10m flutter kick and a 10m distance swim. |
| Swim Kids 3 | 6 – 12+ years | Swim Kids 2 | This level provides an introduction to diving and teaches swimmers how to make wise choices about where and when to swim. Endurance is achieved by building strength in the flutter kick and a 15 metre swim. |
| Swim Kids 4 | 6 – 12+ years | Swim Kids 3 | This level introduces the front crawl (10m) and back swim with shoulder roll (15m). Swimmers work on kneeling dives, surface support (45 seconds, deep water) and developing a greater sense of self-safety by understanding their own limits. Endurance is built through a 25m swim. |
| Swim Kids 5 | 6 – 12+ years | Swim Kids 4 | This level introduces the back crawl (15m), sculling skills, whip kick on the back, stride dives and treading water. Front crawl increases to 15m. An introduction to safe boating skills is also included. Endurance is developed through a 50m swim. |
| Swim Kids 6 | 6 – 12+ years | Swim Kids 5 | This level refines front crawl with a focus on hand entry and breathing (25m), back crawl with a focus on arm positions and body roll (25m) and introduces elementary backstroke (15m), safety on ice and rescue of others with throwing assists. Swimmers demonstrate the front dive and their ability to tread water in deep water for 1½ minutes. Endurance is built through dolphin kick and a 75m swim. |
| Swim Kids 7 | 6 – 12+ years | Swim Kids 6 | This level builds skills and endurance for the front crawl (50m), back crawl (50m) and elementary back stroke (25m) and introduces whip kick on the front. Swimmers learn about airway and breathing obstructions, reach assists and stride entry. Swimming endurance is increased to a 150m swim. |
| Swim Kids 8 | 6 – 12+ years | Swim Kids 7 | This level is an introduction to breast stroke (15m) and feet first surface dives. Swimmers learn about the dangers of open water, hypothermia, the performance of rescue breathing on children and adults and standing shallow dives. Swimmers participate in timed treading water activities using the eggbeater skill for 3 minutes to improve their ability to remain at the surface in the event of an unexpected fall into water. Endurance is built on a 300m swim. Front crawl and back crawl distances are increased to 75m each. |
| Swim Kids 9 | 6 – 12+ years | Swim Kids 8 | This level refines the front crawl (100m), back crawl (100m), elementary back stroke (50m) and breast stroke (25m) and encourages swimmers to combine different kicks for fitness (3 mins). They also work on head first surface dives and learn about wise choices, peer influences and self-rescue from ice. Endurance is built through a 400m swim. |
| Swim Kids 10 | 6 – 12+ years | Swim Kids 9 | This level is a final assessment of the strokes for technique and distance (front crawl 100m, back crawl 100m, elementary back stroke 50m, breast stroke 50m and sidestroke 25m). Swimmers learn about sun safety, rescue of others from ice and head first and feet first surface dives. Endurance is built using the dolphin kick (vertical) and a 500m swim. |

NOTE: Participants cannot be registered for more than one set of lessons at a time and must successfully complete the prerequisite level before registering for the next level.