



#### Beginner I:

Students entering this group may have little or no experience in the water, and will be taught basic water adaptation skills such as putting face in the water, breath holding, and assisted floating. **Must be able to do a streamline (rocket) with face in the water for 6-7 feet, freestyle arms (reach and pull) for 6-7 feet and independent back float, before progressing to Beginner II.**

#### Beginner II:

This class is designed for students who have some experience in the water, and are capable of swimming with their face in the water. **Must be able to swim freestyle (with face in the water) and backstroke the length of the pool before progressing to Advance I.**

#### Advanced I:

For more advanced swimmers who have mastered floating, and underwater swimming. Students will be taught the basic techniques of freestyle, and backstroke including roll breathing. **Must be able to swim freestyle with proper side-breathing, have the endurance to make it through the entire course, and have a strong backstroke before progressing to Excel Experts.**

#### Excel Experts:

Swimmers in this group will refine the techniques of freestyle and backstroke, and move into the basics of butterfly and breaststroke. This is a 45 minute course and the swimmer must have the endurance to handle the additional swimming. **Swimmers may want to consider the competitive team once they have mastered this course. Evaluations can be set-up by emailing the coaches.**

#### Parent & Tot:

For ages 6 - 36 months. This program is a water adaptation class. It is not a "drown proofing" class. It is a wonderful class for helping to make your child comfortable in the water. It helps prepare children for the next step—swimming without Mom or Dad. It is not our intention to

teach these children to swim. We use a gentle, loving approach to introduce swimming skills to our youngest students. We work with the parent to introduce basic swimming skills such as breath control, submersion, kicking, reaching, back float, and safety. A parent must be in the water with the child. This class will be offered one day a week or on a series of Saturday mornings.