

# FINDING THE RIGHT GROUP SWIM CLASS

## THAT BEST FITS YOUR CHILD'S SWIMMING LEVEL

### PARENT/CHILD LEVELS

#### FIRST SPLASH & SUPER SPLASH • 6-17 months & 18 months-3 years

These classes are designed to help young children become comfortable in & around the water so they are ready to join a preschool level without their parents at 3 years of age. These fun classes teach parents techniques to help orient children to the water using games & songs. Parent Participation Required.

### PRESCHOOL LEVELS

#### PRESCHOOL LEVEL 1: SUPPORTED WATER EXPLORATION • Age 3-5 years

This class is for children who have never participated in a parent/child lesson & are new to the water environment. All skills are executed with the support of the instructor. Front Glides - Back Floats - Arm & Leg Actions - Bubbles/Submerging Face - Safety Topics

#### PRESCHOOL LEVEL 2: ASSISTED PRIMARY SKILLS • Age 3-5 years

This class is for children who have completed parent/child lessons and/or demonstrates familiarity & independence in the water environment. Skills are practiced with the assistance of the instructor. Underwater Bobs - Front/Back Glides & Floats - Control in Shoulder Deep Water - Safety Topics

#### PRESCHOOL LEVEL 3: INDEPENDENT AQUATIC SKILLS • Age 3-5 years

This class is for children who have completed subsequent levels or is ready to learn skills w/out the hands on assistance of the instructor. Jumping - Face Down Floats - Independent Floating & Swimming - Safety Topics

### LEARN TO SWIM LEVELS

#### LEVEL 1: INTRODUCTION TO WATER • Ages 5+

This class is for school age children ready to become familiar with the water environment & are new to swim lessons of any kind. Bubbles - Submerging Face - Opening Eyes - Supported Front/Back Glides - Exploring Chest Deep Water - Supported Arm & Leg Actions - Safety Topics

#### LEVEL 2: FUNDAMENTAL AQUATIC SKILLS • Ages 5+

This class is for school age children ready to learn & demonstrate skills independently. Children who have completed Preschool Level 3 may be ready for this class. 5 Bobs - Retrieving Objects Underwater - Front/Back Floats & Glides - Swim with Arm & Leg Action 5 Body Lengths - Jumping into Shoulder Deep Water - Safety Topics

#### LEVEL 3: STROKE DEVELOPMENT • Ages 5+

Children who have completed Preschool Level 3 may be ready for this class or subsequent levels. Deep Water Jumping - Sitting/Kneeling Diving - Deep Water Treading - Rotary Breathing - Streamline 3 Body Lengths - Front Crawl 15yds - Survival Float - Elementary Back/Side Stroke - Safety Topics

#### LEVEL 4: STROKE IMPROVEMENT • Ages 5+

Stride Position Dive - Back Crawl - Breaststroke - Butterfly - Front/Back Open Turns - Front Crawl 25yds - Feet First Surface Dives - Tread Water 2min. - Safety Topics & Skills (Reaching/Throwing Assists)

#### LEVEL 5: STROKE REFINEMENT • Ages 5+

Front/Back Crawl - Breaststroke - Elementary Back/Side Stroke - Butterfly - Front/Back Flip Turns - Tuck/Pike Surface Dives - Shallow Dive into a Swim (Race Start) - Safety Topics & Skills (Importance of First Aid & CPR)

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