

Which Swimming Class Should You Register For?

Little Fish Swimming

Ages 3-6 years old

Tiny Tots (participants must be potty-trained)

For children with little or no swimming experience. Skills include: water entry, floating, flutter kicking, and arm action plus basic pool safety.

Big Fish Swimming

Ages 6 and up

Level #1

For children with little or no swimming experience. Skills include: water entry, floating, flutter kicking, and arm action on front and back, plus basic pool safety.

Level #2

Children must possess skills from the previous level and swim 10 yards without support. Skills taught include freestyle with side breathing and backstroke.



Level #3

Children must be able to swim freestyle with side breathing and backstroke for 25 yards. Skills taught include: Freestyle with side breathing, Backstroke, Elementary Backstroke, Scissor kick, Dolphin kick, and water safety.

Level #4

Instructor is no longer required in water. Children must be able to swim freestyle and backstroke efficiently for two lengths of the pool (50 yards). Skills taught include: Freestyle with side breathing, Backstroke, Elementary backstroke, Breaststroke, Sidestroke, and Butterfly.

Level #5

Instructor is no longer required in the water. Children must be able to swim freestyle and backstroke for two lengths of the pool and have basic swimming knowledge of the 4 competitive strokes and 2 resting strokes. Instruction focuses on the coordination and refinement of all the strokes and increase distance.

Level #6

Instructor is no longer required in the water. Student must be able to complete a minimum of 4 laps of freestyle (100 yards) and backstroke and 2 laps (50 yards) of all other strokes correctly. Instruction focuses on building endurance in all strokes, and establishing proper stroke technique, allowing them to complete a 100 yard Individual Medley



For more information please call 714.839.8611.