

Skill Level Placement Guide

Parent-Child Aquatics familiarizes young children (6 months to 3 years) to the water and prepares them for future swim lessons. It is not designed to teach children to become good swimmers or to survive in the water on their own. This class gives parents safety information and teaches techniques to help orient their children to the water.

Pre-school (previously Pre-Tad) - This class promotes developmentally appropriate water safety and aquatic skills for young children about 3 to 5 years of age. Skills taught are water entry and exit, breath control and getting water on the face, buoyancy, changing direction and position.

Tadpole - Water Adjustment

To register: My child has little or no water experience and is 5 years and older.

Turtle - Fundamental Aquatic Skills

To register your child must be able to do the following: Go underwater willingly with no hesitation, float assisted on front and back, follow directions, jump in, go underwater, and be caught, demonstrate comfort in the entire pool environment

Frog - Stroke Development

To register your child must be able to do the following: Glide unassisted on their front and back, travel 15 feet using beginning paddling, demonstrate a streamline kick on their front and back, float unassisted on their front and back for 10 seconds

Gator - Stroke Improvement

To register your child must be able to do the following: Float unassisted on their front and back for 15 seconds, swim ½ the length of the pool (using a paddle stroke, streamline kick and rhythmic breathing), roll over unassisted and swim the remaining length of pool on back (streamline kick with sculling arms)

Trout - Stroke Refinement

To register your child must be able to do the following: Swim 25 yards of front crawl with complete coordination, using rotary breathing and over arm recovery every time, swim 25 yards of back crawl including coordination and over arm recovery every time

Salmon - Skill Proficiency and Fitness Swimming

To register your child must be able to do the following: Swim 50 yards of back crawl, swim 50 yards using front crawl, swim 25 yards using elementary backstroke, swim 25 yards using breast stroke, tread water for 2 minutes