

Swimming Class Descriptions:

- **Parent/Child Class (6 months to 3 years)**

Parent learns teaching skills while working with their child in the water under the supervision of an instructor. Water adjustment, safety and FUN are the basis for this class. Child must wear a swim diaper unless potty trained.

- **Preschool Classes (3 to 5 years)**

Pike (Beginner I): If a child has never been in a swim class.

Eel (Beginner II): If a child is comfortable in the water without parent; needs minimal flotation, but can propel self through the water without assistance; will put face in the water; can float on back with assistance of flotation device.

Ray (Advanced Beginner I): If child needs little or no flotation; can swim short distance without flotation on front, back and side; will jump into water without assistance; can put face in water and blow bubbles; can float on back and front with minimal flotation.

Starfish (Advanced Beginner II): If child needs no flotation; can swim length of pool on front, back and side; can float on front and back without a flotation device.

- **Youth Classes (6 to 14 years)**

Polliwog (Beginner): If child has never been in a swim class.

Guppy (Continuing Beginner): If child is comfortable in the water without a parent; needs minimal flotation but can propel self through the water without assistance one length of pool; can float on front and back with a flotation device.

Minnow (Advanced Beginner): If child needs little or no flotation; can swim length of pool on front, back and side; can float without a flotation device; can put face in the water when swimming; is comfortable jumping into deep water.

Fish (Intermediate): If child needs no flotation; can swim length of pool on front with an over arm stroke and rotary breathing; can perform rudimentary breaststroke, backstroke and sidestroke; can tread water and float without difficulty.

Flying Fish (Advanced Intermediate): If child can swim the following in good form for two lengths of the pool: crawl stroke, breaststroke, back crawl, elementary backstroke and sidestroke; can also perform (with fins) butterfly stroke for one length of pool.

Shark (Advanced): If child can comfortably and consistently swim each of the strokes in Flying Fish four lengths of the pool in good form; can perform butterfly stroke without fins.

- **Adults (15 and older):** Beginner through advanced levels