

# SWIM LEVEL DESCRIPTIONS

## PARENT AND TOT

### Parent & Tot 1 (4 months -12 months)

Designed for four to 12-month-olds to learn to enjoy the water with a parent. Through structured in-water interaction between parent and child, we stress the importance of play in developing water positive attitudes and skills.

### Parent & Tot 2 (12 months - 24 months)

Designed for 13- to 24-month-olds to learn to enjoy the water with a parent. Through structured play, children learn how to blow bubbles and get their face wet.

### Parent & Tot 3 (24 months - 36 months)

Designed for 24- to 36-month-olds to learn to enjoy the water with a parent. Children will learn to float on their front and back (assisted), while continuing work on kicking in the water.

## PRESCHOOL

Ages 3 years - 5 years

### Preschool 1

Preschoolers in this level will learn how to get in and out of shallow water safely. They'll also learn how to move safely in shallow water while using a lifejacket (as needed) to become comfortable with their floats and glides.

### Preschool 2

Preschoolers in this level explore submerging and exhaling underwater and jumping into chest deep water. Children also discover how to roll from their front to their back using an aid.

### Preschool 3

These preschoolers will master their floats, glides, and short swims (2-3m) on their front and back. They'll be able to pick up objects from waist deep water and use their lifejackets to jump and roll into the deep end.

### Preschool 4

These capable preschoolers will strengthen their flutter kicks and try swimming front crawl. They'll start to learn how to support themselves in deep water and by the end perform jumps and side rolls on their own. Their lifejacket will support them while they learn to tread water and swim to safety (5-10m) in the deep end.

### Preschool 5

These skilled and independent preschoolers will master short swims doing front crawl (5-10m) and back crawl (3-5m). They are ready to take on a forward roll into deep water with their lifejacket on and to tread water without the extra support. Here they will get their first chance to try whip kick and fitness training.

**\*Note:** if your child has not yet finished their preschool levels but has turned five, please check with their instructor for the correct level to enroll them in for Swimmer Levels.

## SWIMMER LEVELS 1 - 3

Ages 5+ years

### Swimmer 1B (Beginner)

These beginner swimmers will work on safe entries, exits and moving through the water. When ready, they'll do floats, glides and kicking on their front and back with assistance. They'll even explore jumping into deep water and treading water with their lifejackets on.

### Swimmer 1A (Advanced)

These swimmers will be able to float, glide and kick on their front and back without assistance. They will also learn the basics of front crawl and back crawl using an aid. They'll even explore jumping into deep water.

### Swimmer 2

These children will be able to jump or side roll into deep water, tread water and swim (10-15m) using either front or back crawl. They'll try 'vertical' whip kick and begin to work on their endurance with interval training.

### Swimmer 3

These swimmers will dive and do forward rolls into deep water. They'll work on their front crawl, back crawl and whip kick over short distances and develop their Swim to Survive skills: roll into deep water, tread water (30 sec), and swim (25m).

## SWIMMER LEVELS 4 - 9

Ages 5+ years

### Swimmer 4

These swimmers will get introduced to breaststroke arms drills, underwater swims and front crawl sprints. Interval training will add to their fitness level. By the end of lessons, they'll be able meet the swim to survive standard: roll into deep water, tread water (1min), swim (50 meters).

### Swimmer 5

These swimmers will try eggbeater kick, head up front crawl and shallow dives. Just for fun, they'll try 'tuck' jumps and underwater back somersaults. They'll easily go the distance with a strong front crawl, back crawl and breaststroke.

### Swimmer 6

These swimmers will master eggbeater and scissor kicks, front crawl, breaststroke and back crawl. With interval training and sprint racing drills, they'll be ready to complete a 300m endurance workout. As an introduction to rescue skills, they'll try stride jumps and compact jumps.

### Swimmer 7

Features a timed 100m swim, 350m workouts and swims with clothing. With a balance of hard work and fun, swimmers will develop swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behavior.

### Swimmer 8

Features a timed 200m swim, 100m fitness medley and the support/carrying of a 5lb weight. Content is challenging but achievable. Skill drills enhance capability in the water including a non-contact rescue.

### Swimmer 9

Features a timed 300m swim, 3x600m workouts, swimming with clothing, defense methods, and support & carry of a 10lb weight. Scene assessment and towing rescue are introduced.