

# Swim Lesson Guidelines and Expectations

## IPAP (Parent & Me)—Ages 6 months to 2½

- Adult must be present in the water with the child at all times
- Children will go under water each and every day
- Diving board the last 2 days
- Your child will not necessarily learn how to swim in this class, the goal is to get your child comfortable and to learn to love the water
- Limit 8 children per class

## LEVEL 1 (Polliwog)—Ages 2½ -4

- Learn pool rules, how to float, hold breath under water, jump into the pool, use their kickers
- Less structured than Level 2
- Use fun strategies to introduce swimming skills and keep children engaged
- Must be able to swim 10 feet unassisted in order to pass
- Limit 4 per class

## LEVEL 2 (Beginner)—Ages 4½ and up

- Kickboard kickers
- Front and back swimming
- Underwater bobs will be introduced
- Diving board
- Must be able to swim the width of the pool on front and back in order to pass
- Limit 5 children per class

## LEVEL 3 (Advanced Beginner)

- Must have passed Level 2 or be able to perform Level 2 skills
- Be able to swim on front and back across the width of the pool
- All basic skills will be improved
- Elementary backstroke, side breathing and dives will be taught
- Limit 8 children per class

## LEVEL 4 (Intermediate)

- Must have passed Level 3 or able to perform Level 3 skills
- Front swimming side breathing, backstroke, elementary backstroke and dives will be reviewed
- Breaststroke and sidestroke will be taught
- Technique improvement and endurance are the core components of Level 4
- Limit 10 children per class

## LEVEL 5 (Swimmer)

- Must have passed Level 4 or able to perform Level 4 skills
- Children will swim EVERY stroke lengthwise across the pool without stopping
- Butterfly stroke will be taught
- Relays, lap swimming, flip turns, racing starts & competitive swimming will be introduced
- Limit 24 children per class

### PLEASE NOTE

Swim Diapers are required for all children not potty trained  
Learning through fun is the basic foundation of our classes  
Every class will be taken off of the diving board

