

**Participant Age Groups/Class length:**

**Parent/Tot (P/T):** 30min, 2 parent max. and child ages 6mo-2yr

**Parent/Child (P/C):** 30min, 1 parent max. and child ages 2yr-3yr

**Pre-K (PK):** 30min, Children ages 3yr-6yr

**Youth (YTH):** 30min, Children ages 7yr-12Yr

**Inclusive (INC):** 30min, 1 parent max. and child ages 7yr-12yr

**Teen Learner (TNL):** 30min, Teens ages 13yr-17yr

**Adult Learner (ADL):** 45min, Adults ages 18yr and up

**Class Content:**

**Parent/Tot (P/T):** Focuses on socialization and introducing parents/guardians and children to water play. These lessons are designed to be relaxed, focusing on repetitive exposure/activity, harboring a go with the flow orientation. The class is an ideal setting for developing a child's comfort in and around larger bodies water. ***At least 1 parent/guardian must be in the water with each child during the entire class.***

**Parent/Child (P/C):** Introduces both parents and young swimmers to water safety and rudimentary swimming. This class combines swimming fundamentals with socialization and water play. The class is an ideal setting for developing a child's comfort and self-awareness in and around larger bodies of water. ***1 parent/guardian must be in the water with each child during the entire class.***

**Inclusive (INC):** Focuses on water exposer and socialization for children with developmental differences. The objective is to introduce both parents and young swimmers to water safety and rudimentary swimming. This class combines swimming fundamentals with socialization and water play. The class is an ideal setting for working towards developing a child's comfort and self-awareness in and around larger bodies of water. ***1 parent/guardian must be in the water with each child during the entire class.***

**Teen Learner (TNL):** Introduces teenage swimmers to water safety and rudimentary swimming regardless of their level of exposure and comfort. This class prioritizes swimming fundamentals and water safety. It is ideal for any teenager wanting to develop comfort and self-awareness in and around larger bodies of water.

**Adult Learner (ADL):** Introduces adult swimmers to water safety and rudimentary swimming regardless of their level of exposure and comfort. This class covers aquatic fitness, swimming fundamentals, and water safety. It is ideal for any adult wanting to develop comfort and self-awareness in and around larger bodies of water.

**PreK (PK) – Youth (YTH):** Designed for all young (ages 3yr-12yr) swimmers regardless of their exposure and comfort level around water. PreK (3yr-6yr) and Youth (7yr-12yr) lessons cover everything from beginner to pre swim team. There are 4 levels: 1=Water Safe, 2=Basic Swim Skills, 3=Strok Basics/Endurance, 4=pre-competitive. We offer combined levels to meet the needs of our swimmers.

**Levels 1-4 for PreK-Youth ONLY:**

***\*Group Lessons are designed to introduce children to swimming regardless of their level of exposure and comfort. Levels 1-4 are designed to be repeated to achieve all the skills needed to meet the move-up requirements for each level. \****

**Level 1:** Introduces young swimmers to water safety and the fundamental skills used to learn how to swim.

**Level 2:** Introduces the fundamentals of beginner swim strokes (front crawl and backstroke) along with water exploration and breath control.

**Level 3:** Focuses on stamina, breath control, and proper form of beginner strokes. This is also when swimmers will be introduced to the more advanced strokes, breaststroke and butterfly.

**Level 4:** Continues to develop a swimmer's form (for all 4 strokes) and continues to work on stamina and breathing. This level is designed with the future swim team member in mind. At this level, swimmers will be introduced to diving along with wall starts and turns.