

### Parent-Child Swim Programs

#### **Ages 6 months to 3 years** **30 minute classes**

Our Parent-Child Swim Programs focus on water enrichment, safety, and skill development **WITH PARENTS IN THE WATER**. Children are divided by ages and developmental ability. Incorporates water adjustment skills, games, songs, use of PFDs and swimming movements according to child's readiness.

#### **Shrimp/Kipper (6-12 months)**

This class is an introduction to basic water skills in a positive environment. Building independence and starting to move in water. Students begin to develop skills through repetition.

#### **Inia/Perch (13-36 months)**

Learn an understanding of safety through games and songs. Start to explore water and to propel themselves with instructional aids and learning repetitive swimming skills and independence movements with instructional aids.

### Preschool Swim Lessons

#### **Ages 3-5 years** **30 minute classes**

**Instructor: Student Ratios 1:6**

#### **Pike 1 – Beginner 1**

**This level is designed is for the beginner.**

Child can not yet swim independently and may be fearful of water. Emphasis is on adjustment to group situation, water acclimation, and developing independent movement in the water on front, side, and back with and without floatation devices.

#### **Pike 2 - Beginner 2**

**Student has progressed from Pike 1 by instructor.**

This is a continuation of Pike with an emphasis on swimming without a floatation device. This class is not for the first time participant. Children at this level are swimming with reduced floatation and without instructor assistance but are not quite ready for eel.

#### **Eel - Intermediate**

**Student has progressed from Pike 2 level by instructor.**

The child is comfortable in water. They can swim 5 ft. on their front, back and side without floatation and perform a front and back float. This doesn't mean under water swimming. They also learn basic boating safety and use of PFD's. Emphasis will be placed on building confidence and endurance.

#### **Ray / Starfish - Advanced**

**Student has progressed from Eel level by instructor.**

Child is relaxed in water and can swim 15 – 20ft. on front, back and side without any floatation device while using rudimentary rhythmic breathing. Child will begin refining front crawl, back crawl, sidestroke, elementary backstroke and breaststroke.

### Youth Swim Lessons

#### **Ages 6-12** **45 minute classes**

**Instructor: Student Ratios** 1:6 for Polliwog/Guppy  
1:8-10 for all other levels

#### **Polliwog**

**This is a beginning level for school-age children.** It gets children acquainted with the pool, the use of flotation devices and floating.

#### **Guppy**

**Student has progressed from Polliwog level by instructor**

This advanced beginner level is for children that can swim one length of the pool on their front, back and side for 25 yards with a float belt and 20 feet without floatation.

#### **Minnow**

**Student has progressed from Guppy level by instructor.**

This initial intermediate level is for children who can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles.

#### **Fish**

**Student has progressed from Minnow level by instructor.**

This intermediate level is for children who can swim 25 yards of the pool on their front and back using alternating and symmetrical paddles and 25 yards on their side.

#### **Flying Fish**

**Student has progressed from Fish level by instructor.**

At this advanced level, students should be able to swim 50 yards of front crawl, backstroke, sidestroke, breaststroke, elementary backstroke and butterfly kick.

#### **Competitive Readiness**

This program is designed to prepare swimmers for competitive swimming. Participants **MUST HAVE** knowledge of the 4 competitive strokes - head down freestyle, backstroke, breaststroke and butterfly.

### Teen & Adult Swim Lessons

#### **Ages 13+**

Teen & Adult Swim lessons are for individuals with different ability levels. We work with those who are beginners up to advanced swimmers who need stroke refinement. Classes are taught at your ability level and we work toward the goals of the swimmer.



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