

About the Levels-

- Parent Child: Guardian must be in the water with child at all times. Adult and child learn together to increase child's comfort in the water. Basic skills are introduced
- Pre-School: Introduce children to being in the water without their guardian and performing basic water skills
- Level 1: (**MUST be 5 yo prior to 1st day of class**) Basic floats, strokes, and skills are introduced and taught with aid from instructors
- Level 2: Students build upon skills learned in Level 1 and doing their skills more independently and with more refinement
- Level 3: Students build upon skills learned in Level 2, learn new strokes and kicks, and fundamentals of diving
- Level 4: Students build upon skill learned in Level 3, learn turns, new dives and strokes
- Level 5/6: Students build upon and master skills learned in Level 4 and build their endurance