

CLASS DESCRIPTIONS

| Class Name/Participant Ages | Description | Prerequisite |
|--|---|--|
| Parent & Child Aquatics 1 <i>6mo - 18mo</i> | Introduces aquatic readiness and water safety by emphasizing fun in the water. | At least 1 parent in the water with the child. Swim diaper is required if not toilet trained. |
| Parent & Child Aquatics 2 <i>18mo - 2yrs</i> | Introduces aquatic readiness and water safety by emphasizing fun in the water. | At least 1 parent in the water with the child. Swim diaper is required if not toilet trained. |
| Preschool Aquatics 1 <i>3yrs - 5yrs</i> | Introduces basic aquatic skills. Children develop positive attitudes and safe practices around the water. | Be in water without parent, work with other participants, and follow directions given by instructor. |
| Preschool Aquatics 2 <i>3yrs - 5yrs</i> | Builds basic aquatic skills for longer lengths of time & distance. Beginning of independent locomotion and stroke introduction. | Entering water, gliding, rolling over, and submerging mouth & blowing bubbles. |
| Preschool Aquatics 3 <i>3yrs - 5yrs</i> | Increase proficiency of aquatic skills for independent locomotion by increasing distance and improving coordination/control of arm & leg actions. | Gliding on front & back, rolling over, recovering to vertical position, arm & leg action on front & back. |
| LTS - Level 1 (Introduction to Water Skills) <i>6yrs - 13yrs</i> | Introduces basic aquatic skills. Participants develop positive attitudes, effective swimming habits, and safe practices in and around the water. | Be in water without parent, work with other participants, and follow directions given by instructor. |
| LTS - Level 2 (Fundamental Aquatic Skills) <i>6yrs - 13yrs</i> | Increase proficiency of aquatic skills for independent locomotion by increasing distance and improving coordination/control of arm & leg actions. | Gliding on front & back, rolling over, recovering to vertical position, arm & leg action on front & back. |
| LTS - Level 3 (Stroke Development) <i>6yrs - 13yrs</i> | Builds on fundamental aquatic skills with guided practice and extended distances. Introduction of new kicking actions. | Treading, floating, swimming on front & back, rolling over & recovering to vertical position. |
| LTS - Level 4 (Stroke Improvement) <i>6yrs - 13yrs</i> | Improve aquatic skills and increase endurance for greater distances with more advanced proficiency. Introduction of new arm action and strokes. | Jumping into deep water, leveling off & swimming front crawl, then elementary backstroke. |
| LTS - Level 5 (Stroke Refinement) <i>6yrs - 13yrs</i> | Refine performance of all six strokes and increase distance. | Swimming front crawl, elementary backstroke, back crawl, & breaststroke. Ability to swim underwater. |
| Adult Swim Learning the Basics <i>14yrs & up</i> | Introduces basic aquatic skills and swimming strokes. Learn skills needed to stay safe in and around the water. | Positive desire to learn a new skill. |
| Adult Swim Improving Skills & Swimming Strokes <i>14yrs & up</i> | Improve proficiency in basic aquatic skills and swimming strokes. | Swim front crawl & elementary backstroke for 25 yards. Ability to change position and direction in the water. |
| Adult Swim Swimming for Fitness <i>14yrs & up</i> | Refine performance of front crawl, back crawl, and breaststroke and build endurance. | Swim front crawl, elementary backstroke, and breaststroke for 50 yards. Swim backcrawl for 25 yards. Ability to swim underwater. |

Which class is right for you?

HOW OLD ARE YOU?

- If he/she is 6mo—3yrs ⇒ Parent & Child Aquatics
- If he/she is 3yrs—5yrs ⇒ Preschool Aquatics Levels 1-3
- If he/she is 6yrs—13yrs ⇒ LTS Levels 1-4
- If he/she is 14yrs & up ⇒ Adult Swim

CAN YOU...

- Enter water, travel 5 yds, bob 5 times, then safely exit?
- Submerge to mouth and blow bubbles for 3 sec?
- Glide on front, roll to back then recover unassisted?

If YES to all



You're ready for...

- Preschool Aquatics 1
- LTS Level 1
- Adult Swim—The Basics

CAN YOU...

- Glide on front, roll to back and float for 15 sec unassisted?
- Glide on back, roll to front then recover unassisted?
- Swim using arm & leg actions on front, roll to back and float for 15 sec, roll back to front and swim unassisted?

If YES to all



You're ready for...

- Preschool Aquatics 2
- LTS Level 1
- Adult Swim—The Basics

CAN YOU...

- Enter water, push off bottom, tread or float for 15 sec, swim on front and/or back, then exit?
- Back float for 15 sec, roll to front, then recover?
- Push off and swim using arm & leg actions on front for 5 body lengths, roll to back, float for 15 sec, roll to front, continue swimming for 5 body lengths?

If YES to all



You're ready for...

- Preschool Aquatics 3
- LTS Level 2
- Adults—The Basics

CAN YOU...

- Jump into deep water from the side, recover to surface, tread or float for 1 min, rotate 360 degrees, orient to side, level off, swim front crawl for 25 yds, then exit?
- Push off, swim front crawl for 15 yds, change position and direction, swim elementary backstroke for 15 yds, exit?

If YES to all



You're ready for...

- LTS Level 3
- Adults—Improving Skills

CAN YOU...

- Jump in, swim front crawl for 25 yds, change position and direction, swim elementary backstroke for 25 yds, exit?
- Swim breaststroke for 15 yds, change position and direction, swim back crawl for 15 yds?
- Submerge, swim 3-5 body lengths underwater without hyperventilating, return to surface, then exit water?

If YES to all



You're ready for...

- LTS Level 4
- Adults—Improving Skills

You're ready for...

- LTS Level 5
- Adults—Swimming for Fitness