

# CLASS DESCRIPTIONS

<i>Class Name/Participant Ages</i>	<i>Description</i>	<i>Prerequisite</i>
<b>Parent &amp; Child Aquatics 1</b> <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.
<b>Parent &amp; Child Aquatics 2</b> <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.
<b>Preschool Aquatics 1</b> <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.
<b>Preschool Aquatics 2</b> <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.
<b>Preschool Aquatics 3</b> <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.
<b>LTS - Level 1</b> (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.
<b>LTS - Level 2</b> (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.
<b>LTS - Level 3</b> (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.
<b>LTS - Level 4</b> (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.
<b>LTS - Level 5</b> (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.
<b>Adult Swim Learning the Basics</b> <i>14yrs &amp; 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.
<b>Adult Swim Improving Skills &amp; Swimming Strokes</b> <i>14yrs &amp; 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.
<b>Adult Swim Swimming for Fitness</b> <i>14yrs &amp; 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?



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?



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?



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?



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?



You're ready for...

LTS Level 4  
Adults—Improving Skills



You're ready for...

LTS Level 5  
Adults—Swimming for Fitness