



## **Swimming Lesson Level Descriptions**

### **Parent/Tot: (6 Mos. - 3 Years)**

Child must be accompanied by an adult in the pool. Adults are instructed in ways to assist their child in learning to love the water. Adults are shown different ways to hold their children in the water while letting the child have freedom of movement. Toys are provided.

### **LEVEL 1: (Ages 3 – 5) WATER EXPLORATION**

Children are encouraged to become comfortable with their stability in the water and submerging head and face. Floating with assistance will be introduced. Games and toys will be used in making water time fun and to improve the skills they are learning.

### **LEVEL 2: (Ages 4 – 6) PRIMARY SKILLS**

Children learn to solidify their water stability by learning to retrieve objects underwater. They begin to float on their own and glide unassisted. They will be introduced to freestyle with an emphasis on straight leg kicking.

### **LEVEL 3: (Ages 5 – 8) STROKE READINESS**

Children should be comfortable in the water. They will learn skills in breath control, floating, efficient kicking and proper rotation as an introduction to side breathing. Backstroke will be introduced.

### **LEVEL 4: (Ages 7 – 12) STROKE DEVELOPMENT**

Children must be able to swim 25 yards unassisted in 4 feet of water. Freestyle, with side breathing, and backstroke with proper body positioning will be the emphasis. Introduction to diving from a standing position will be introduced.

### **LEVEL 5: (Ages 10 – 16) STROKE REFINEMENT**

Children must be able to swim 50 yards. Instruction will continue on proper stroke technique with emphasis on endurance. Butterfly will be introduced.

### **LEVEL 6: (Ages 10-16) SWIM FITNESS**

Children must be able to swim 50 yards of freestyle and back stroke. Students will continue to work on technique and stroke development. Students will focus on endurance and specific swim workouts.

**ISR (Infant Swimming Resources):** This program teaches children how to survive if they reach the water alone. ISR lessons are one-on-one and customized to the developmental level of each child.

Our swim classes are designed to maximize each student's potential.  
Our instructors teach with a positive attitude and create a fun learning experience!

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