Which swimming lesson is best for your child? Arbuckle Parks & Recreation District's **Begin Here Swim Lesson Levels Parent** Tot Parent -Tot Aquatics (Ages 18 month -3 years) Child is 3 Preschool or older? Level 1 Learn water awareness & basic swimming skills NO Not ready to be away from parent in the water 6 or older? Learn to Swim Preschool Aquatics-Level 1 (Ages 3 to 5 years) - Level 1 **23Y** Little to no experience with swimming Low student to teacher ratio Do they have Preschool Skills: movement in water, face in water, enter & exit fear of the Level 2 independently & floating with assistance water? NO. Preschool Aquatics - Level 2 (ages 4-6 years) Over 6? Experience with and no fear of water Swim Club-Can they Medium Student to teacher ratio Beginner float? Skills: Submerge face in water, Supported floating & kicking on front & back, and enter & exit water **23Y** independently. Learn to Swim-Swim 2 Learn to Swim – Level 1- (Ages 5 & up) Strokes? Level 1 laps? Little swimming experience ΝÒ NO Learn to Swim-Skills: Submerge & pick up items, unsupported floating & Level 2 kicking on front & back, and basic breath control Learn to Swim - Level 2 (Ages 6 & up) Know more Must be able to float unassisted & have basic breath than 1 stroke? Can swim for 5 control skills minutes straight & Skills: Introduction to rhythmic breathing, stroke tread water for 2 ΈQ introduction – front & back and turning over and recovery to vertical position. Swim Club-Learn to swim Beginner Level 3 Learn to Swim - Level 3/ Swim Club Beginner NO Must be able to swim across pool & back without stopping. Basic understanding of freestyle stoke. Over 10 Build on skills taught in prior levels, refine strokes & years old? breathing and introduce diving NO **Swim Club-**Intermediate Learn to Swim - Level 4 / Swim Club Intermediate YE Must be able to swim continually without stopping & Jr.Guard Know all the detailed knowledge of freestyle and backstroke strokes, can swim Stroke work: refine all strokes include backstroke, YEC for 10 minutes sidestroke, butterfly, back crawl, breaststroke & freestyle. straight and dive? Junior Guard Program - Ages 10-18 years old Over 10 years Must been able to swim & tread water old? straight & Skills: increase endurance, basic rescue skills & team building tread water for **Swim Club-Swim Club Advanced** Advanced Previous swim team experience or high level of knowledge of all strokes and diving Skills: Increase endurance and stroke refinement