Swimming Lessons: Class Descriptions

A note to the parents:
Each level teaches skills that take time to master. It is reasonable to expect swimmers to advance approximately one level per year, not per session. We take pride in the quality of our lessons, and it is important to us that swimmers master each level before advancing. Please take time to review the class descriptions below to determine the most appropriate level.

Adult Swim: 45 minutes
Multiple instructors offer a personalized approach to developing water comfort, a strong kick, proper breathing technique, stroke work, survival skills such as treading and floating, and an introduction to diving. We serve all levels within the supportive environment of the adult class.

Parent/Child: 30 minutes
This level is for children as young as 6 months up to 3 years in age. Young children respond to familiar routine, so our parent child classes follow a routine of repetitive songs and activities, spiraled to reinforce water comfort, kick development and breath holding, all achieved through play. We follow the McKay model of child centered, non-forceful, swim instruction, which sequentially teaches swimmers to hold their breath on cue. Parents must be willing to be cheerfully supportive in the water with their child. They must be willing to follow instructor’s lead and replicate the McKay sequence of breath holding techniques taught in the class. This replication must continue even during bath time at home for best results.

Parent/Child 1A: 45 minutes
This pilot offering serves as a community style transition class. This class is designed for swimmers 3 and older who show swimming readiness skills (or an interest in those skills) such as holding breath on cue, willingness to jump from side to adult, and a steady, productive kick, but who still show a desire to swim with a parent. Swimmers will have greater opportunity to practice skills because they will have constant parent supervision allowing them more water time. Parents must be willing to follow instructor’s cues from in the water. There will be much passing of swimmers between parents and instructors, as well as parent to parent.

Level 1A: 45 minutes
For beginners ages 3 & 4 who are transitioning from parent child to independent lessons. Parents are asked to sit in a group by the side of the pool to supervise children to help ensure safety and comfort. Children work on prone gliding, breath holding, jumping, back floats, and other early swim skills. The main goal is that they will exit being able to enter and exit pool and submerge independently, float on back for five seconds, and kick on stomach three body lengths completely on their own.
**Level 1B: 45 minutes**
For beginners ages 4 and older who are willing to participate fully with minimal parent intervention. Swimmers must possess maturity to follow directions and hold wall safely while they are not working with instructor. Children work on extending their swim beyond 3 body lengths while holding breath. They will learn how to take ballistic breaths while extending swim. They will float on back for extended time and begin kicking for propulsion while on back, and will perform a prone glide with face in water. They will jump in and swim to wall completely unsupported.

**Level 2: 45 minutes**
This level encompasses a large transition phase in swimming. Swimmers are developing endurance while kicking and taking regular breaths. They are learning early diving skills as well as developing flutter kick front and back, elementary back stroke, and breast stroke kick.

**Level 3: 45 minutes**
Swimmers in level 3 can comfortably travel across the width of the pool multiple times. They continue to develop kicks learned in level 2 while adding in arm strokes and proper breathing techniques. Dives progress to kneeling and compact dives. Treading water is introduced.

**Level 4: 45 minutes**
Swimmers continue to develop whole strokes while building the endurance to transition to lap swimming. Standing dives are taught and treading water is practiced. Swimmers continue to practice rotary breathing.

**Level 5: 60 minutes**
This hour long session takes place within lanes extending the length of the pool. Swimmers fine-tune freestyle, backstroke, breast stroke and standing dives. Butterfly is introduced. Swimming etiquette is introduced and practiced. Racing starts and flip turns are also introduced.

**Level 6: 60 minutes**
Our final level for serious swimmers applies racing level coaching to refine stroke technique, speed, and efficiency. Swimmers learn how to critique themselves as well as others to maximize improvement. Methods such as video analysis have been piloted within level 6. Swimmers often go on to swim teams and lifeguarding certification following level 6.