



SESSION 1: June 2 – 13
SESSION 2: June 16 – 27
SESSION 3: July 7 – 18
SESSION 4: July 21 – Aug 1

Monday – Thursday
9:45 AM – 10:25 AM
10:30 AM – 11:10 AM
5:00 PM – 5:40 PM

Pre-K: Introduction to the Aquatic Environment

- Water Exploration to introduce to the water
- Getting comfortable in water
- Learning safe behavior around & in water
- Basic aquatic skills: face wet, head under water, blow bubbles, back float, safety jump, arm pulls, feet kicks, sitting dive

Level 1: Introduction to water skills with assistance

- Increase comfort in water
- Water Safety
- Entering & Exiting water safely
- Basic aquatic skills: blow bubbles, front & back float, safety jump, sitting dive, feet kicks, arm pulls, retrieve items under water, exit safely, intro to side to side breathing

Level 2: Intermediate Aquatic Skills

- Increase water comfort
- Safety awareness
- swim around instructor while swimming - swim back to wall without feet touching the ground
- Aquatic Skills: front & back float, swim short distance on own, swim longer distance with kickboard, dive for objects under water, begin treading water, jump off board & safely swim to ladder

Level 3: Introduction to Swim Stroke Development & Swimming Safety

- Uses aquatic skills to swim different swim strokes
- Learn swim strokes with kickboard
- Push off wall into a swim
- Treading water - 1 minute
- Basic Swim Stroke skills: freestyle, breaststroke, butterfly, tread water, kneeling dive

Level 4: Intermediate Swim Stroke Development

- Builds on level 3 swim stroke skills through guided practice
- Standing Dive
- Treading water - 2 minutes
- Swim Strokes Developed: freestyle, breaststroke, butterfly, elementary backstroke

Level 5: Swim Stroke Advancement

- Further coordination & refinement of swim strokes
- Alternate breathing
- Stride jump
- Build swim endurance
- Swim Strokes: freestyle, breaststroke, butterfly, backstroke

Level 6: Swimming Proficiency

- Continue to master all swim strokes
- Continue building swimming endurance
- Great for Swim Team Members to master swim strokes
- Begin turns for freestyle, breaststroke & backstroke