

## **CLASS DESCRIPTIONS**

**Parent/Child** (2-3 yrs.) Adult required in the water. Water acclimation, sing songs, kicking, blowing bubbles.

**Pre-School** (3 and 4 yrs.) Beginner swim skills include: floating, kicking, submerging head, arm movement.

**Level 1** (4 & up) Beginner swim skills include: floating, kicking, going under water, arm movement.

**Level 2** Child must be comfortable in the water, with some independent swimming skills. CHILD MUST HAVE PASSED LEVEL 1 or PRE

**Level 3** Child must swim independently! Explore deep water, treading, diving, elementary backstroke, and dolphin kick.

**Level 4** Child must be able to swim front/back crawl 15 yds. Breaststroke, sidestroke and butterfly will be defined.

Competitive Swim(Level 5): Child must be able to swim front/back crawl one length of pool without stopping.

\*\*\*This is an endurance swim class to prep for swim team readiness, must have passed Level 4.

### **POLICIES:**

**All classes must have a minimum of 4 registered participants.**

Classes may be combined or cancelled if there are insufficient numbers.

Refunds or class credits will not be issued for missed classes.

Make up classes will only be approved by the director if there is space in another class offering.

Non members are not permitted to swim before or after their class.

### **REGISTRATION PROCEDURE**

Please fill out a youth registration form located at the front desk.

You can register on line at [www.activityreg.com](http://www.activityreg.com)

