GROUP LESSONS

UNSURE WHICH LEVEL YOUR CHILD BELongs IN?
Schedule a 5 minute swim assessment with a certified instructor. Contact Kate Meyer at 303.335.4927.

PARENT/TOT: (Age 6-18 months)
Develop a high comfort level in the water while training parents in water safety and drowning prevention. This class is a fun and confidence building experience. One parent must be in the water with each child. Swim diapers required.

PARENT/CHILD: (Age 1 ½ - 2 years)
Student will learn to float, blow bubbles, put their face in the water independently and be introduced to deeper water. One parent must be in the water with each child. Swim diapers required.

LEVEL CLASS FOCUS PRE-REQUISITE AGE
Pre Pollywog (Maximum 4 participants) Being in a class setting and going underwater independently Willingness to participate in a group setting without a parent in the water. Needs to be able to follow simple directions. 2-3
Pollywog (Maximum 5 participants) Floating, breath control, underwater and forward movement in the water Comfortable in a group setting. Willingness to submerge underwater. 3-5
Tadpole (Maximum 5 participants) Front crawl stroke with breathing and being comfortable in deep water Ability to jump into the pool go under water and come back up and float on back independently 3-5
Toad (Maximum 5 participants) Improving strokes, endurance and comfort in deep water Ability to swim 15 yards with coordinated arm and leg movement on front and back independently 3-5
Level 1 (Maximum 6 participants) Being in a class setting and going underwater independently, learning floats Being ready to participate in a group setting 5+
Level 2 (Maximum 6 participants) Floating, breath control, underwater and forward movement in the water Comfortable with going underwater without hesitation. Ability to float with assistance. 5+
Level 3 (Maximum 6 participants) Front crawl with breathing, elementary backstroke and diving basics Can swim front crawl. Be comfortable in deep water. Capable of rolling front to back independently. 5+
Level 4 (Maximum 6 participants) Stroke work on 4 competitive strokes and elementary backstroke Swimming 15 yards of front crawl with breathing 5+
Level 5 (Maximum 6 participants) Increasing swimming efficiency Swimming 25 yards of front crawl with breathing, breast stroke, and elementary back stroke 5+
Level 6 (Maximum 6 participants) Swimming skill proficiency Swim 4 competitive strokes, complete at least 25 yards of each stroke and 50 yards of freestyle with side breathing 6+