

Name: \_\_\_\_\_

**Parent and Me**

- Infant Swim:** Recommended for children 0 - 6 Months  
**Class Skills:** Basic pool etiquette, water exploration, and breath awareness
- Baby Swim:** Recommended for students 7 Months - 12 Months  
**Class Skills:** Advanced pool etiquette, assisted submersions, and independent floats
- Toddler Swim:** Recommended for students 13 Months - 36 Months  
**Class Skills:** Independent submersions, kicking, and rollover floats
- Advanced Toddler Swim (Advance Parent and Me)**

**Lil Swimmers (Water Safety)**

SWIM LEVELS

**Swim 1**

Swimmers will learn to put their face in the water on their own and glide to an instructor unassisted.

- Breath Hold
- Assisted Back Float
- Glide

**Swim 2**

Swimmers will learn to roll to their back and float unassisted and kick their legs properly.

- Kicking
- Back Float
- Glide Roll Swim

**Academy Kids (Stroke Development)**

**Academy 1**

Swimmers will learn a perfect side breath for freestyle and the importance of maintaining momentum.

- Arm Lead Side Breath
- Pull to Breathe
- Backstroke Kick

**Academy 2**

Swimmers will learn to swim a full lap of freestyle and backstroke.

- Assisted Backstroke
- Freestyle
- Sitting Dive

**Academy 3**

Swimmers will learn butterfly and breaststroke kick and begin to work on endurance swimming.

- Breaststroke Kick
- Butterfly Kick
- Backstroke
- Kneeling Dive

**Academy 4**

Swimmers will learn all 4 competitive strokes and master diving.

- Butterfly
- Breaststroke
- Standing Dive

**Premier Kids (Swim team prep)**

**Premier 1**

- Advanced Diving
- Turns
- Circle Pattern
- 100 IM
- 200 Yard Freestyle

**Premier 2**

- 1/2 Mile Swim
- Understanding of Intervals

