



SWIM LESSON LEVELS

AGES 3 - 5

Beginner 1 – Pink: Water Comfort (Ages 3-5)

For new beginning swimmers. Introduction to water safety skills, water orientation, and basic swim skills. This level is for students that are unfamiliar or uncomfortable in the water and possibly fearful of the water.

Beginner 2 – Yellow: Working to Water Independence (Ages 3-5)

Building confidence with independence in water. Focuses on safety skills, water orientation and basic swim skills. This level is for students that are comfortable and are happy to be in with the instructor

Requirements: Completion of Beginner 1 or the ability to complete Beginner 1 skills.

Beginner 3 – Green: Water Safety Skills (Ages 3-5)

Working on independent floating and safety skills. Introduction to freestyle technique. For students that are eager to swim, confident in the water, submerges their head in the water and swim out on their own.

Requirements: Completion of Beginner 2 or the ability to complete Beginner 2 skills