



# PRESCHOOL LEVELS

Parent & Child, Guppies, and Preschool



## Parent & Child: Level 1

*For children ages 6 to 24 months with a parent/guardian in the water*

Enjoy swimming with your child and learning fundamental safety/aquatic skills while having fun!

## Parent & Child: Level 2

*For children ages 2 to 4 years with a parent/guardian in the water*

Enjoy swimming with your child and learning more advanced safety/aquatic skills while having fun!

## Guppies

*For children that are 3 years old*

This class is for children who are ready to explore the water independently of their parents. Swimmers will learn to be comfortable and to enjoy the water safely. All participants need to be fully potty-trained, able to separate from their parents, and able to follow directions. Curriculum will match Preschool Level 1.

## Preschool Level 1: Introduction to Water Skills

*For children ages 4 to 5*

In this class, preschool swimmers learn to feel more comfortable in the water. Fundamental aquatic skills are taught to develop good swimming habits and safe practices in and around the pool. \*There are no prerequisite skills for this class.

Participants learn to:

- Blow bubbles and submerge face
- Float on front and back with support
- Swim on front and back with support
- Basic water safety rules

**REGISTRATION TIP:** Students that pass Preschool L1 and are under the age of 6 should register for Preschool L2. Students that pass Preschool L1 and are age 6 and older, should register for L2.



## Preschool Level 2: Fundamental Aquatic Skills

*For children ages 4 to 5*

This class is for well-adjusted preschoolers who are ready to learn and perform skills with little assistance.

\*Prerequisite: Students must have completed Preschool Level 1 or have equivalent skills.

Participants learn to:

- Submerge entire head
- Float and glide on front and back
- Swim on front 3 body lengths
- Roll over front to back, back to front

**REGISTRATION TIP:** Students that pass Preschool L2 and are under the age of 6 should register for Preschool L3. Students that pass Preschool L2 and are age 6 and older, should register for L2.

## Preschool Level 3: Stroke Development

*For children ages 4 to 5*

Students increase proficiency and build on the aquatic skills learned in Preschool Level 2 by providing additional practice with increased distances. Skills in this level are performed independently.

\*Prerequisite: Students must have completed Preschool Level 2 or have equivalent skills.

Participants learn to:

- Jump into deep water
- Submerge and retrieve an object
- Swim front crawl & back crawl for 5 body lengths independently
- Tread water, survival float and back float for 15 seconds

**REGISTRATION TIP:** Students that pass Preschool L3 and are 6 years old should register for L2.

