

Swim Lesson Cheat Sheet

Class	Tips	Pool
Tots	<ul style="list-style-type: none"> • Children who are new to the water or have minimal Experience with water • Usually not comfortable going underwater • If they cling to their parents this is the one 	Baby
Beginner	<ul style="list-style-type: none"> • Children who are newer to the water but comfortable blowing bubbles/putting face in water • swimming within arm's length of someone or swimming with assistance (noodles or person holding) • Comfortable with jumping into the pool from the side 	Baby
Intro to Big Pool	<ul style="list-style-type: none"> • Swimmers who are comfortable being in the water (can put their face in the water) • Swims with assistance (goal is to be unassisted by the end) 	Middle (3ft 6in) on platforms
Advanced Beginner	<ul style="list-style-type: none"> • Swimmers are primarily unassisted. • Can go underwater and retrieve something from the bottom of a pool (4-5ft deep) • Breast Stroke is introduced in this class 	Middle (4ft) on platforms
Intermediate	<ul style="list-style-type: none"> • Swimmers are unassisted • Know the basic fundamentals of freestyle and Backstroke. Breast stroke is reviewed 	Middle (5ft) NO PLATFORMS
Swimmer	<ul style="list-style-type: none"> • Swimmers are completely independent and comfortable being in deep water • Stroke work focuses on Rotary breathing on freestyle, Keeping afloat with back stroke, and timing of breast stroke. • Butterfly (Fly) is introduced in this class 	Dive Tank
Advanced Swimmer	<ul style="list-style-type: none"> • Swimmers are working on the four competition strokes • Endurance is worked on 	Dive Tank
Expert Swimmer	<ul style="list-style-type: none"> • Swimmers know all four competition strokes (Free, Back, Breast, and Fly) • Class works on endurance and stroke work (like a pre swim team type of class) 	Dive Tank