

## Swim Lesson Cheat Sheet

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