



# Swim Lessons Schedule

Session 3: 1/18/21 – 3/13/21

Updated 1/18/21

## Wednesdays

### Mondays

4:45 pm – 5:15 pm	Preschool Level 1
5:30 pm – 6:00 pm	Preschool Level 2
5:30 pm – 6:00 pm	School Age Level 2
6:15 pm – 6:45 pm	Preschool Level 3
6:15 pm – 6:45 pm	School Age Level 3

4:45 pm – 5:15 pm	School Age Level 4
4:45 pm – 5:15 pm	Water Discovery A
5:30 pm – 6:00 pm	Water Discovery B
5:30 pm – 6:00 pm	School Age Level 4
6:15 pm – 6:45 pm	School Age Level 1
6:15 pm – 6:45 pm	School Age Level 5/6

SCHOOL AGE, TEEN & ADULT

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PARENT & CHILD

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PRESCHOOL

**A**  
Water Discovery

Student not yet able to respond to verbal cues and jump on land.

**B**  
Water Exploration

Student not yet comfortable working with an instructor without a parent in the water.

**1**  
Water Acclimation

Student not yet able to go underwater voluntarily.

**2**  
Water Movement

Student not yet able to do a front and back float on his or her own.

**3**  
Water Stamina

Student not yet able to swim 10–15 yards on his or her front and back.

**4**  
Stroke Introduction

Student not yet able to swim 15 yards of front and back crawl.

**5**  
Stroke Development

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool.

**6**  
Stroke Mechanics

Student not yet able to swim front crawl, back crawl, and breaststroke across the pool and back.

**SWIM STARTERS**  
Swim readiness skills

**SWIM BASICS**  
Recommended skills for all to have around water

**SWIM STROKES**  
Skills to support a healthy lifestyle



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