

# Swim Class Descriptions

**Preschool 1:** For children with no experience in water. Children will get an introduction to the water with complete assistance from one of our lifeguards. (Age: 2-5)

**Preschool 2:** For children with limited experience in the water that still requires full assistance. (Age: 2-5)

**Preschool 3:** For children with some experience in the water who are learning to become more independent in the water. (Age: 2-5)

**Level 1:** For beginners with little swimming experience. Swimming basics and safety skills are taught. (Age: 5+)

**Level 2:** For children who can build upon the foundations learned in Level 1. Level 2 focuses on improving techniques with kicking, arm rotation, stamina and safety skills.

**Level 3:** An intermediate class for children ready to perform swimming skills independently in the deep end of the pool. This class aims to improve confidence in techniques and swimming ability while also focusing on improving stamina.

**Level 4:** Students will learn advanced swimming skills, build confidence while swimming independently while improving their swimming techniques and safety skills.