

## Swim Lesson Class Descriptions

Please use this chart to determine your child's swimming ability. When in doubt, please register your child for a lower level. Instructors will adjust swimmer according to their skills the first few days of lessons. Parents will be informed when/if a change is made.

As always, please contact Elaena Noffsinger, Aquatics Director at [enoffsinger@shorewood-hills.org](mailto:enoffsinger@shorewood-hills.org) if you have any questions.

| Course  | Prerequisites and Class Description   |
|---|---|
| <b>Parent &amp; Child</b>                     | Ages 6 months-3 years. Children must be accompanied by an adult in the water. All children must wear a tight-fitting swim diaper, regardless of potty-training capabilities. This class is designed to help children become comfortable in and around the water through the use of games, rhymes, and music. This class is not designed to teach children how to swim but rather sets the foundation for water safety for the parent and child. |
| <b>Level 1 – Introduction to Water Skills</b> | Ages 3+. Child should be able to participate without a parent. This is an introductory class for basic water skills, such as submerging the mouth, nose, and eyes, and entry level front and back floats. Focus will be on developing positive attitudes and safe practices in and around the water. Every skill is completed with support from the instructor.   |
| <b>Level 2 – Fundamental Aquatic Skills</b>   | Child should have completed level 1. Participants learn to glide and float without support, develop simultaneous and alternating arm and leg actions on the front and back, and work on breath control. This level is typically the beginning to true locomotion skills. At the end of this course students should be able to independently swim 15 feet and float on their front and back for 5 seconds.                                       |
| <b>Level 3 – Stroke Development</b>           | Child should have completed level 2. Students will start working on stroke techniques. Strong focuses include the front crawl, elementary backstroke, scissors kick, dolphin kick, treading water, and beginner dives. At the conclusion of this level participants have basic water competency at a rudimentary proficiency level.   |
| <b>Level 4 – Stroke Improvement</b>           | Child should have completed level 3. Participants will increase their endurance by using the strokes learned in level 3. Participants will add the arms to the kicks previously learned. Students will also focus on the back crawl, and breaststroke and start learning open turns.  |
| <b>Level 5 – Stroke Refinement</b>            | Child should have completed level 4. Participants will refine the performance of all their strokes, learn flip turns and increase the distance in which they can swim. At the conclusion of the level students should be swimming the front and back crawl for 50 yards, breaststroke and sidestroke for 15 yards.  |
| <b>Level 6 – Stroke Endurance</b>             | Child should have completed level 5. Participants will increase their skill proficiency and endurance for all strokes, refine turns and begin using competitive swim equipment such as kickboards, pull buoys, a pace clock, fins and paddles. At the conclusion of lessons, the participant should be able to swim a continuous 500-yard swim including multiple strokes.  |
| <b>Competitive Stroke Skills</b>              | Child should have completed level 6. This class is intended to help competitive swimmers improve their stroke proficiency, turns and starts.  |
| <b>Basic Water Safety/Lifeguard Readiness</b> | Child should have completed level 6. This class offers an introduction to lifeguarding skills, and how to respond in aquatic emergencies. Completion of this class does NOT qualify the participant to be a lifeguard.  |
| <b>Introduction to Diving</b>                 | Child should have completed level 3. This class is an introduction to the diving board. Students will learn basic board safety, diving approaches, and the front and back dives. DIVE TEAM MEMBERS MAY NOT TAKE DIVING LESSONS.   |
| <b>Diving Development</b>                     | Child should have completed Introduction to Diving. This class is for those who are comfortable on the board, and familiar with several approaches. Focus will be on building up to perform several more dives of their choice. DIVE TEAM MEMBERS MAY NOT TAKE DIVING LESSONS.  |