Campus Recreation

Swim Lesson Descriptions

So you don’t know what level your child is in...

**IMPORTANT:**
The levels are not designed for specified ages. Each level has different skill requirements which will determine the level of the child.

Already taken lessons at the REC? Please refer to the level written on the report card given to child after end off lesson session.

If you are still unsure after reading through this feel free to give us a call.

**Child **MUST be older than 3 to be placed in levels 1-6**

**Level 1:** Adjusting to the pool can be scary and intimidating for children who have had little to no water experience. This class teaches children the basics such as floating, kicking, gliding and using their arms (with support). It teaches basic, but important water safety skills. Fun games which incorporate swimming skills are used and the proper use and fitting of a lifejacket is taught.

**Level 2:** This level is for children with more than beginner but less than intermediate skills. Submerging their head under water, floating by themselves and basic knowledge of front crawl and back stroke is encouraged for this class. Students will advance their crawl stroke and back stroke skills by learning to combine arms and legs while working on technique, such as an introduction to side breathing.

**Level 3:** Students with intermediate swimming skills will find this class a fun challenge. Level 3 works by furthering their skills of crawl stroke by reforming side breathing, timing and technique. Other kicks such as the breast stroke kick and dolphin kick are introduced and practiced roughly. Children in this level will advance to swimming full lengths of the pool and learn to tread water, jump and dive in the deep end. Deep water safety is encouraged and taught in this class.
**Level 4:** Level 4 is for the intermediately advanced swimmer. This class is primarily for technique reforming, builds on endurance and an introduction to swim team skills. Breaststroke, butterfly, and turns are worked on throughout this level. Students must be able to swim multiple lengths of the pool and be comfortable diving and treading in the deep end.

**Level 5:** Advanced swimmers who want to work on technique for strokes and turns. Students in this class build upon all previous skills already learned to further advance performance and improve their endurance. Knowledge of all strokes and turns is required for this class.

**Level 6:** Fitness swimmer. This class is perfect for a child who wants to swim for exercise. The student will learn how to use the pace clock, understand rest intervals, create their own workouts and proper use of equipment such as pull buoys, flippers and kick boards. The class requires a fair amount of endurance and skill.

➢ At the end of every swim lesson session, the instructor will fill out a report card with skills completed and level assignment written on it.