



### **AquaTots (1 year - 3 years old)**

AquaTots provides a learning environment in which children become comfortable in the water while accompanied by their parent(s). AquaTots focuses on water adjustment and supported movements through instructor led activities and songs.

### **AquaTykes 1 (4- 5 years old)**

This class is for our beginning swimmers. Classes are fun and packed with learning the fundamental of floating, the arm movements for the front and back crawls and flutter kicking. The goal of AquaTykes 1 is to give children confidence in and around the water while teaching water safety and basic stroke movements.

### **AquaTykes 2 (4 - 5 years old)**

AquaTykes 2 continues to build on the skills introduced in AquaTykes 1. Students will begin combining the arm movements and flutter kick for the front and back crawls. AquaTykes 2 will introduce students to rhythmic breathing for the front crawl.

### **Floats & Strokes 1 (5 years +)**

Floats & Strokes 1 students will continue to work on floating, gliding, combining the arm and leg actions for the front and back crawls and rhythmic breathing. Students will be introduced to the elementary backstroke arm movements.

### **Floats & Strokes 2**

Students will work on adding rhythmic breathing to the front crawl while continuing to gain confidence in the skills learned in prior levels. The whip kick for the elementary backstroke will be introduced, along with the arm movements for treading water. Students may still use support aids/instructor support for the various skills, but will be encouraged to float on his/her own.

### **Floats & Strokes 3**

In this class, students will work on combining the arm and leg movements for the elementary backstroke and will work on swimming the front and back crawls over a greater distance. Floats & Strokes 3 will introduce students to diving and treading water.

### **Floats & Strokes 4**

The purpose of Floats & Strokes 4 is to continue to develop confidence in the strokes learned thus far (front crawl, back crawl and the elementary backstroke) while learning the breaststroke and introducing the dolphin kick and arm movements. Students will work on open turns and will be introduced to flip turns.

### **Floats & Strokes 5**

In this class, students will continue to refine their front crawl, back crawl, elementary backstroke and breaststroke while using open and flip turns, as introduced in the prior level. Students will learn how to coordinate the dolphin kick and butterfly arm movements. The scissors kick will be introduced.

### **Floats & Strokes 6**

Floats & Strokes 6 will focus on refinement of all six strokes so students can swim them with greater ease and smoothness over longer distances. As time allows, students may be introduced to various lifesaving skills and techniques.