

Group Swim Lesson Guide

Ages 3-5	Ages 6 and Up
<p>Pike – Level 1</p> <ul style="list-style-type: none"> • Must complete a Pike Evaluation • Cannot swim without a flotation device • Brand new to swimming • Instruction focuses on assisted floating, kicking, paddling and getting comfortable in the water • Monday/Wednesday 	<p>Polliwog - Level 1</p> <ul style="list-style-type: none"> • Non-swimmers • Cannot swim without flotation devices • Brand new to swimming • Instruction focuses on assisted floating, kicking, paddling and getting comfortable in the water • Tuesday/Thursday
<p>Eel - Level 2</p> <ul style="list-style-type: none"> • Intermediate <ul style="list-style-type: none"> ○ Parent trusts them to swim on their own ○ Comfortable in the water by themselves • Instruction focuses on kicking, arm strokes independently in the water on child's front and back • Instructor recommended they move on from Pike • Monday/Wednesday 	<p>Guppy - Level 2</p> <ul style="list-style-type: none"> • Intermediate <ul style="list-style-type: none"> ○ Parent trusts them to swim on their own ○ Comfortable in the water by themselves • Instruction focuses on kicking, arm strokes independently in the water on child's front and back • Instructor recommended they move on from Polliwog • Tuesday/Thursday
<p>Ray - Level 3</p> <ul style="list-style-type: none"> • Advanced <ul style="list-style-type: none"> ○ Able to perform arm strokes independently ○ Instructor recommended they move on from Eel • Monday/Wednesday 	<p>Minnow- Level 3</p> <ul style="list-style-type: none"> • Advanced <ul style="list-style-type: none"> ○ Able to perform arm strokes independently ○ Instructor recommended they move on from Guppy • Tuesday/Thursday