



Sink or Swim – Know what level to be in!

When deciding what class to enroll your child, we suggest starting with the last level your child completed. Remember that swim levels are based on ability, the age range provided is only a guideline. It may take more than one session of swim lessons for your child to accomplish all of the skills in a given class level.

Parent/Tot: (6 months-3 yrs): Child and parent are in the water. This class is designed to teach parents how to make their children comfortable in the water.

Is your child at least 3 yrs old and can he/she follow instructions given by the instructor? If Yes, place child in the Tot class w/o parent.

Tot: (3-5 yrs): Without parent. This class is for those kids that may be a little afraid of the water and have little to no water experience. We will work on floating, kicking, reaching for toys and water safety.

Will your child put his/her head under the water willingly? If yes, place child in Adv Tot

Adv Tot: (4-6 yrs): This class is designed for those children that have some experience in water. We will work a lot on floating - front and back. We will work on supported kicking on front and back.

Can your child float unsupported on their front and back for 3-5 seconds? If yes, place them in Level 1.

Level 1: (5-7 yrs): To be in this class you MUST be able to float. We will be introducing the front crawl, reaching those arms way out of the water (getting away from the doggie paddle). We will also work on kicking with straight legs on their front and back. We will also do a lot of gliding; front and back.

Can your child float on tummy, back unsupported, know the front, and back glide? Also sort of, know the starting stages of the freestyle? If yes, place in Level 2.

Level 2: (6-8 yrs) Students start to swim freestyle independently and are exposed to rhythmic breathing. Backstroke is introduced.

Does your child know the freestyle (w/o rotary breathing), reaching those arms way out of the water and the straight-legged kick, know how to do backstroke? If yes, place in Level 3.

Level 3: (7-9 yrs) Students will be swimming 15-25 yards by the end of this class in either freestyle and/or backstroke. Breathing to the side is very important.

Can your child swim the full length of the pool and does he/she know the freestyle and backstroke? If yes, place in Level 4.

Level 4: (8-10 yrs) Students will be swimming the entire length of the pool in both the freestyle/backstroke. Breaststroke is introduced.

Can your child swim 25 yards without stopping? Does he/she know Breaststroke? If yes, place in Level 5.

Level 5: (8-10 yrs) Technique and strength are the goals in this class. Students will learn the Butterfly stroke. Students need to attend this class to become proficient at swimming for distance, breath control and stroke refinement.

Does your child know Freestyle, Backstroke, Breaststroke, and Butterfly? Strokes do not need to be perfect. If yes, place in Titans.

Titans Swim Team: This is an hour class designed for the level 4 or better swimmer. Swimmers will focus on stroke improvement, technique, endurance, turns, as well as competitive strokes.