

SWIM LESSON FLOW CHART

Is your child at least 3 years old and comfortable enough to be in the water away from you?

YES

Can your child enter/exit the water independently, stick their face in the water, and demonstrate basic arm/leg swimming motions with support from an instructor?

YES

Can your child swim in deep water without the support of an instructor or flotation device?

YES

Can your child float and swim on their back independently?

YES

Is your child at least 6 years old, and can your child swim front crawl for 15 yards, elementary back stroke for 15 yards, and tread in deep water?

YES

NO



Please Register for Seahorses

NO



Please Register for Tadpoles

NO



Please Register for Clownfish

NO



Please Register for Otters

My child is 6, but cannot swim this distance.



Please Register for Swordfish

Is your child 6 years of age or older?

YES

Can your child swim front crawl for 15 yards, elementary back stroke for 15 yards, and tread in deep water?

NO



Please Register for Sea Turtles

YES

Can your child swim front crawl for 25 yards, swim back crawl, butterfly and breast stoke for 15 yards, and tread in deep water?

NO



Please Register for Swordfish

YES



Please Register for Barracudas



GROUP SWIM LESSON LEVELS

Class Length: 30 min

Class Length: 40 min

Ages 2 and under

Seahorses



Designed for children under 3, this level gets the parents involved! The focus is to teach parents to safely work with their child in the water. Children receive an introduction to basic skills that lay the foundation for learning to swim. Songs, games, and fun activities will help build their confidence - fun for both child and adult! Repetition and consistency are key. An adult (18 years or older) MUST be in the water with the child.

Ages 3-5

Tadpoles



This class is designed to get you comfortable in the water away from parents! Children will work to develop positive attitudes, good swimming habits, and safe water practices in and around the water. This is all done through learning the basic aquatic skills of floating, gliding, and arm/leg action that they will incorporate in future levels. Most skills are done with support, either by instructor or floatation device.

Clownfish



Now you can really start to have fun by learning to swim on your own! This class is designed to further develop the basic aquatic skills learned in Tadpoles. Children continue to explore using simultaneous and alternating arm/leg movements on the front/back to gain greater proficiency in preparation for performing strokes.

Otters



Keep up the hard work! You are about to start swimming by yourself! This level is designed to provide additional guided practice and increasing repetitions, distances, times, or levels of refinement in performing previously learned skills. All skills are performed independently.

Ages 6-15

Sea Turtles



Designed with older kids in mind, participants will develop positive attitudes, effective swimming habits, and safe practice in and around the water. Swimmers will learn to glide and float as well as further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes.

Swordfish



This class is designed to build on what you learned in Sea Turtles. So pull out your sword and get ready to fight that water and swim farther! This class will introduce new kicks and strokes, like butterfly and breaststroke, as well as focus on refining the skills you've already learned.

Barracudas



You are a lean, mean, swimming machine! Nothing can stop you! This is a pre-competitive class that will focus on refining all 4 competitive strokes for distance swimming by increasing your endurance and learning new skills, like flip turns. This level will help prepare you for Ballwin Blue Dolphins Swim Team or for safe swimming fun that you can enjoy the rest of your life. Either way, you're a swimmer now!

Ages 16 and up

Adults



It's never too late to learn how to swim or improve your skills and confidence in the water! This class is designed for adults 16 and up of all swimming abilities.