

Swim Lesson Cheat Sheet for Parents

Swim Lessons 2019

Not sure what level is best suited for your little swimmer? Here is a quick overview of all of the levels so you can place your swimmer with ease.

Parent-Tot: Swimmers in this level are in the water with a parent. They are just getting used to the water and working up towards level one. No children under 6 months are permitted.

Level 1: Begins to teach elementary aquatic skills, swimmers learn to submerge their face in the water and blow bubbles. Good for swimmers who are just getting comfortable in the water. Not appropriate for children who are afraid of the water or being in the water without a parent.

Level 2: Swimmers learn to float without support and learn the very beginnings of front and back crawl. Swimmers start to move out of zero depth into the big pool.

Level 3: Swimmers continue to learn the front and back crawl and elements of other more difficult strokes and are introduced to treading water. The deep end is explored along with diving and the diving board.

Level 4: Swimmers continue to improve on front and back crawl and go more in-depth with other strokes. Swimmers will learn basics of turning at the wall and diving is worked on.

Level 5&6: These levels are taught together. Swimmers refine all strokes learned in previous levels. Turning at the wall is worked on along with diving off of the block. These levels are a lead up to the swim team.

****Just a reminder to parents-** The Red cross teaches these levels as 6 week courses, here at Pleasant Ridge we teach one week courses so it is not unusual for your child to stay in one level longer than just one week.

If you have any more questions please direct them to the front desk.

Thanks and have a great summer!!!