

Swim Level Descriptions

Parent and Me- Level 1/2 (Ages 6 months-3 years)

This course is designed for parent/child or caregiver/child interaction. Course is taught as a combination class with the instructor presenting both skill levels during class. NOTE: Infants must wear a swim diaper under suits while in the water.

Level 1 – Introduces basic skills to parents and children. Skills introduced include: water adjustment and entry, bubble blowing, underwater exploration, buoyancy on the front and back position, plus age-appropriate safety topics.

Level 2 – Course builds on skills introduced in Level 1 and also introduces the following skills with assistance from parent: front and back glide, front kick, arm movement, submerging in a rhythmic pattern, rolling over, and age appropriate safety topics.

Beginning Toddler (Ages 3-5)

This course is designed to be a preschool age child's first experience in a pool without a caretaker. Course introduces swimming and water safety skills. Students must be able to listen and follow directions. Skills taught include water adjustment, bubble blowing, underwater exploration, front and back floats, glides with support, kicking and alternate arm strokes, treading water and age-appropriate safety topics.

Advanced Toddler (Ages 3-5)

This course is designed to follow Beginning Toddler for children ages 3-5 years. Participant must be able to blow bubbles; front and back float unassisted for 5 seconds, submerge face without using goggles, and climb out of the pool without help. Participants must be able to listen and follow directions. Skills taught include entering water by jumping in, fully submerge and retrieve items, bobbing, front, jellyfish, and tuck floats, treading water, fining arm action on back, and age appropriate safety topics.

Level 1 – Water Exploration (Ages 5 and up)

This course is designed to be a beginning level course for children 5 and older. Participants will learn elementary skills including bubble blowing, under water exploration, introduction to front crawl, backstroke, back float, and front float with support, kicking and alternate arm strokes, bobbing entering and exiting the water, and age-appropriate safety topics.

Level 2 – Primary Skills (Ages 5 and up)

To enter this course participant must have mastered Level 1 skills. Objective of this course is for the participant to successfully learn fundamental swimming skills. Participant will learn to float without support and to recover to a vertical position. Other skills taught are glides, front arm motion, flutter kicks, rhythmic breathing, and age-appropriate safety skills. This level marks the beginning of true locomotion skills and adds to self-help and basic rescue skills.

Level 3 – Stroke Development (Ages 5 and up)

To enter this course the participant must have mastered Level 2 skills. This course will teach the combined skill of front arm motion and rotary breathing, diving from the side of the pool, dolphin and scissor kick, front crawl and elementary backstroke, treading water, and age-appropriate safety skills. These skills will move the child into the field of true aquatics.

Level 4/5 Combo Class

This course will be taught as a combination class. Participants will be assessed and placed into the appropriate levels.

Level 4- Stroke Improvement

To enter this course the participant must have mastered Level 3 skills. This course develops confidence in the strokes learned thus far and improves other aquatic skills. New skills introduced will be back crawl, butterfly, breaststroke, sidestroke, survival swimming, and age-appropriate safety topics. Participants increase their endurance by swimming greater distances during this course.

Level 5 – Stroke Refinement

To enter this course the participant must have mastered Level 4 skills. At this level participants will have good basic stroke skills. The objective for this level is to coordinate and refine key strokes. New skills introduces will be flip turn, tuck and pike surface dives, sculling, and age-appropriate safety topics.

Level 6- Skill Proficiency

To enter this course the participant must have mastered Level 5 skills. The objective of this course it to polish stokes so participants can use them with more ease, efficiency, power, and smoothness over greater distances. Participants develop considerable endurance by the end of this course.

If you are unsure which level would be best for your child, take a look at our Swim Level Prerequisites (the link can be found on the Swim Lesson Information page) or contact us at swim@cityoftemecula.org or (951) 308-6396 and we would be more than happy to help.