

PRESCHOOL

Ages 4-5 years

Starfish | Pre-Level 1 - The Basics

The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

Graduation Requirement: *Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

Flounder | Pre-Level 2 - The Fundamentals

The Flounder level is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include floating, arm/leg actions and submersion.

Graduation Requirement: *Swim 5-10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

Eel | Pre-Level 3 - Stroke Development

The Eel level helps children to gain propulsive skills and progress their stroke development. Skills taught include freestyle, backstroke and beginning breaststroke.

Graduation Requirement: *Swim 15-20 ft on front and back independently, swim breaststroke 10-15 ft*

LEARN TO SWIM

Ages 6-15 years

Level 1 | The Basics

Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including breath control, floating and kicks.

Graduation Requirement: *Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

Level 2 | The Fundamentals

Level 2 helps participants gain greater independence and develop more comfort in and around the water

Graduation Requirement: *Swim 5-10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

Level 3 | Stroke Development

Level 3 builds on the skills in Level 2 through additional guided practice.

Graduation Requirement: *Kneeling dive, rudimentary freestyle, backstroke, & breaststroke, tread in deep water, dolphin kick 10-15 yards*

Level 4 | Stroke Improvement

Level 4 helps develop confidence in the skills learned and improve additional aquatic skills.

Graduation Requirement: *25 yds of each stroke, and a standing dive, tread water using 2 different kicks*
Next step: Swim team

Active Wellness Center Petaluma

1201 Redwood Way, Petaluma, CA 94954

Contact Us:

swim@activewellnesscenter.com

707.766.8080

ActiveWellnessCenter.com/Petaluma