

# Swim Levels and Descriptions

## JUNIOR

Ages 4-6 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*

>> Group Lessons are available for online booking.  
To book Private and Semi Private, please call, come in, or email.

## Active Wellness Center at NorthBay Health

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## YOUTH

Ages 7-17 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*

### **Swim Club** | Conditioning and Refinement

Participants must 'try out' before joining Swim Club, to assess skill level. Children must be at L3 or above. Participants will work on training for conditioning and skill refinement to grow as a stronger swimmer.

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