

AMERICAN FAMILY FITNESS

SWIM LESSON CLASS LEVELS

Please Note: Ages are only guidelines. Classes are organized by skill levels.

Parent/Tot: children ages 6 months to 3 years with one or both parents. This class does not teach the children to swim; but emphasizes water adjustment, preparatory activities for swimming, fun and enjoyment for both the parent and young child.

Prerequisite: None other than age.

Level I – Introduction to Water Skills (ages 3 – 6 yrs.): The objective of this class is to help students feel comfortable in the water and to enjoy the water safely. Students will learn elementary aquatic skills and will start to develop good attitudes and safe practices around the water.

Prerequisite: child must be at least 3 years or age by the end of the session.

Level II – Fundamental Aquatic Skills (approx. ages 5 – 8 yrs.): The objective of this class is to give students success with fundamental skills. Students learn to float without support and to recover to a vertical position. They will begin true locomotion skills, while exploring simultaneous and alternating arm and leg actions on the front and on the back. This class will continue to add to the self-help and basic rescue skills started in Level I.

Prerequisite: child must have successfully completed Level I or be able to demonstrate the exit skills from Level I.

Level III – Stroke Development (approx. ages 7 – 10 yrs.): The objective of this class is to build on the skills required to complete Level II by providing additional guided practice. The students will learn to coordinate the front crawl and back crawl. They will be introduced to the butterfly stroke and treading water. Students will continue to build on additional water safety skills.

Prerequisite: child must have successfully completed Level II or be able to demonstrate the exit skills from Level II.

Adult– for children ages 13 and up. This class is primarily for older children and adults that have not yet developed competent swimming skills and/or confidence.

Prerequisite: None other than age

Swim Club – for the advance child who has an interest in swim team activities. The swim club will last for six weeks with one-hour workouts designed to mimic a swim team practice. These classes increase stroke refinement and endurance utilizing swimming drills. Swimmers will work on improving strokes, learning/improving turns, learning/improving starts, gaining endurance, and gaining speed. The program is limited to boys and girls, ages 4 and up **who meet the following swimming prerequisites:**

Beginner – child must be able to swim front and back crawl for 25 yards.

Intermediate – child must be able to swim 100 yd individual medley.

Advanced – child must be able to swim 200 yd

Swim Club runs from Fall - Spring, with swim meet between all the AFF-Clubs at the end of Spring

All registrations must be made at the front desk 48 hours prior to the first day of lessons.

Payment is required at the time of registration.