

Swim Lesson Level Descriptions

Parent & Child Aquatics (PCA): Sub-Levels include PCA 1 - PCA 3 (6 mos. -3 yrs.) This class gives you and your child guided time in the pool without the frenzy of the Public Swim atmosphere. The instructor will introduce you to the pool, the safest ways to enter a pool with a child, and give you an idea of the skills that are taught in the lower levels of the Learn-to-Swim program. Some of these skills include floats, glides, arm actions and breath control.

Preschool Aquatics: (3 to 5 years old) This level offers a structured class setting with parent participation being optional or as needed. It is designed for the lifeguard to be a teacher rather than a facilitator as in the previous level. The skills covered in this level are primary water skills that aim to improve the child's comfort in the water including safe entry and exit, submerging, buoyancy, changing body position in the water, and learning about life jackets.

Learn to Swim Level 1: (5 to 6 years old) The objectives of this level are to learn basic personal water safety skills and rules. Participants will learn elementary aquatics skills such as floating, gliding, and arm and leg strokes that are the basis of advanced skills learned in the Learn to Swim (LTS) upper levels. All skills are accomplished with assistance.

Learn to Swim Level 2: This class builds upon the basic skills learned in LTS Level 1 and individuals become comfortable performing the skills on their own, with no assistance. In this level, participants will see progress in true locomotion skills on the front and the back by combining arm and leg actions.

Learn to Swim Level 3: This is a stroke development class that builds on the fundamentals of LTS Level 2. Amongst other skills, two new methods of kicking are introduced and individuals learn the rules of headfirst entries.

Learn to Swim Level 4: Stroke refinement is the main focus of this level. Students combine arm and leg actions in all six strokes. Increased distances improve endurance of the basic strokes, while instruction and practice help to develop the more advanced butterfly, breaststroke, and back crawl strokes. Participants also learn open turns to become more efficient swimmers. Progress is also made in diving skills.

Learn to Swim Level 5: A LTS Level 5 student desires to become more coordinated in all six strokes through increased practice and longer distances. Flip turns are also taught and practiced to increase efficiency while swimming.

Learn to Swim Level 6: Sub-Levels - Personal Water Safety, Fundamentals of Diving, & Fitness Swimmer. All three focus on building power and fluidity into the students' strokes. In the future these students may want to competitively swim with the North East Aquatics Team or at the high school level. Other students may have interest in certifying as a Junior Lifeguard, Lifeguard, or Water Safety Instructor. Please indicate which sub-program is most appropriate for your child.