

LAKE LYTAL FAMILY AQUATIC CENTER  
GROUP SWIM LESSON  
INFORMATION

DAYS: Tuesday- Friday (two weeks)

## LEVEL & INFO

Parent & Tot: (6mo-3yr) This class is designed to introduce infants to the water. A parent or guardian is required to accompany the infant in the water and participate in this class.

Pre-Level 1: (3-5yr) Participants will learn to blow bubbles, become water friendly, and start to learn the basics of front and back crawl.

Level 1: (6-12yr) Participants will learn to blow bubbles, become water friendly, and start to learn the basics of front and back crawl.

Pre-Level 2: (3-5yr) Participants will learn to float, begin to combine arm & leg actions for back and front crawl, and be introduced to deep water.

Level 2: (6-12yr) Participants will learn to float, begin to combine arm & leg actions for back and front crawl, and be introduced to deep water.

Level 3 (6-12yr) Participants will learn elementary back stroke, how to tread water, deep water exploration, and will be introduced to water safety skills.

Level 4 (6-12yr) Participants will focus on additional stroke techniques, such as breaststroke and side stroke, and begin to build more endurance.

Adult: (13yr & up) This class is designed to accommodate different skill levels of participants. The class can cover anything from technique to just being comfortable in the water.

### Pre-Requisites for each level

Level 2: Blow bubbles with face in the water, back float for 5 seconds, swim 5yds.

Level 3: Back float 15 seconds, swim 15yds using both arms and legs together

Level 4: Swim 25yds with rotary breathing, 25yds backstroke, tread in deep water for 1 min.