

## ABOUT SWIM AMERICA

SwimAmerica is a swim program based on safety, fun and fitness. Your child will learn at his or her own pace and develop proper swimming techniques. Children progress from station levels and graduate from one station to the next. This is a goal incentive program where children receive certificates of achievement.

The goals range from teaching the swimmer to be comfortable in and around the water, to coordinated rhythmic breathing, the front crawl stroke for 300 yards, and a standing front dive from the side of the pool. The classes meet for eight to ten 30-minute lessons. Children move at their own pace from one skill station to the next.

SwimAmerica is a professionally run, coach supervised organization with a highly trained staff teaching students of all ages how to swim using proper technique. SwimAmerica provides exemplary service and support from the national level so every student is taught with care, compassion, humor, respect and understanding.

How does this impact you? You simply sign up for "stations" instead of creature names!

## LEVELS

### **Water Babies – Parent/Child Classes 6 months - 3 years**

An instructor will lead parents and children through various activities to acclimate children to the water and teach them basic safety of being in and around the pool. Parents must be in the water with the children for this class. ***Children must wear a reusable swim diaper.***

### **Level 1 – Bubbles Age 2.5+**

Swimmers will become comfortable getting their faces in the water and exhaling underwater repeatedly. Swimmers need to learn to be comfortable putting their faces in the water without goggles. *Children previously enrolled in Water Wigglers should register for Level 1.*

### **Level 2 – Floating Age 3+**

Children will work towards floating and gliding independently on both their front and their back. Proper body position is the base that good swimming is built upon. Swimmers will also be taught to roll over, float on their backs, and call for help in this level as a safety skill. *Children previously enrolled in Frogs should register for Level 2.*

### **Level 3 – Kicking Age 3+**

Children will learn how to position their bodies in the most efficient way, streamlined. They will also learn how to propel themselves with a strong kick. The advancement goals for this level are 15 feet of kicking on both the front and back. *Children previously enrolled in Puffers should register for Level 3.*

### **Level 4 - Crawl Stroke 4+**

Swimmers will incorporate both kicking with the legs and paddling with the arms to generate forward movement. A combination of sculling, crawl arms, and side-glide kicking will be used to help swimmers develop their skills. *Children previously enrolled in Gobies should register for Level 4.*

### **Level 5 – Freestyle**

During this level, swimmers will practice the crawl stroke on the front with breathing as well and be introduced to the crawl stroke on the back. *Children previously enrolled in Stingrays or Tiger Barbs should register for Level 5.*

### **Level 6 – Backstroke**

In Level 6 swimmers will continue to work on their freestyle stroke. In addition, backstroke, treading water, and diving will be taught. *Children previously enrolled in Seals should register for level 6.*

### **Level 7 – Breaststroke and Butterfly**

Children will add breaststroke and butterfly stroke to their skill set. Various drills will be used to aid swimmers in learning these 2 strokes. *Children previously enrolled in Dolphins or Sharks should register for level 7.*

### **Level 8 – Turns**

Designed to refine the four competitive strokes, swimmers will develop bilateral breathing with their freestyles. Swimmers will also be taught how to complete legal competitive turns for all four strokes.

### **Level 9 – Lifetime Strokes**

Sidestroke and elementary backstroke will be introduced in this level. Swimmers will also work on building endurance in all strokes.

### **Level 10 - Individual Medley**

All strokes will be refined, swimmers will also build significant endurance throughout this level. This includes 300 yards of freestyle, 100 yards of backstroke, and a 100 yard individual medley.

