

FITREC SWIM SCHOOL

Swimming Level Descriptions

PARENT AND CHILD SWIMMING LESSONS

These classes are an introduction to water for ages 6 months to 3 years. One parent or guardian is required to accompany the infant/toddler in the water under the direction of the instructor. These classes are not designed to teach children to become good swimmers or to survive in the water on their own, but rather to feel comfortable in the water in a fun and safe environment. ONLY ONE parent or guardian is allowed in the water per child.

- **WATER BABIES:** This interactive class is designed for babies or infants and their parents working in the pool together to become comfortable swimming in and under the water independently. We work on developing skills to enable the child to be comfortable on their back and be able to swim with their eyes down for a distance of three to five feet. There are two levels in this program: **Water Babies A (ages 6 to 18 months) & Water Babies B (18 months to 3 years)**
Prerequisite: None.
- **WIGGLERS IN TRAINING:** This level is designed for graduates of the Water Babies B class who are ready to transition to water wiggles, but prefer to have a parent or guardian in the water with them. The main focus of this class is to get the child comfortable attending class without a parent or guardian being present in the water. This class will go through the same lesson plan as Water Wiggles, but will involve the parent or guardian working with the child in the water with an emphasis on the child working with the instructor. As the child becomes more comfortable with the instructor, the parent or guardian may move to the pool deck, and then to the waiting area. Children often take Wiggles in Training for a few months as they may need a little more experience without a parent or guardian or they are not yet turning three years old and therefore not old enough to move on to preschool lessons.
Prerequisite: Graduate of Water Babies B.
- **WATER WIGGLERS:** (Graduates of Water Babies)
This level is designed for the graduates of the Water Babies class. The children will work independently from parents or guardians and will be introduced to roll over breathing, “big arms,” and kicking on their back. We also will ensure the child is able to complete an unassisted turnaround swim.
Prerequisite: Graduate of Wiggles in Training.

PRESCHOOL SWIMMING LESSONS

Preschool classes for 3-5 year-old children begin to explore the water environment through floating, submerging, kicking skills, breath control and beginning strokes. Following the American Red Cross Learn to Swim Program, the primary goals for the classes are safety and comfort in the water. Children work in the water without a parent and should be ready to follow instructions in a small class environment.

- **FROGS:** This introductory class is designed for the apprehensive or very inexperienced swimmer. We will work on submersions and back floats while assisting the child to feel comfortable and safe in the water. The foundation of streamlining (correct body position and form) will be introduced. The use of positive reinforcement is critical to help the child build trust and confidence.

Prerequisite: None.

- **GOBIES:** This level is for the swimmer who has developed comfort in the water and is ready learn the basics of freestyle, backstroke, and streamlining. Swimmers will also begin to develop and explore their skills swimming underwater.

Prerequisite: Graduate of Water Wigglers or Frogs.

- **TIGER BARBS:** This class is for swimmers who are already able to swim freestyle and backstroke over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). This level is where we will most often begin to see the students putting it all together to really make progress in the pool.

Prerequisite: Graduate of Gobies.

YOUTH SWIMMING LESSONS

The school age swimming classes are designed for 6-12 year olds. Classes range from an introduction to water skills for beginners to a swimming skill proficiency class which works on developing strokes and endurance. Please note the descriptions and prerequisites for the classes below. Safety around an aquatic environment will be a focus throughout all classes.

- **PUFFERS:** This is a beginner swim class designed for the apprehensive or very inexperienced swimmer. We will work on submersions and back floats, while assisting the child to feel comfortable and safe in the water. The foundation of streamlining will be introduced.

Prerequisite: None.

- **STINGRAYS:** This level is for the swimmer who has developed comfort in the water and is ready to learn the basics of freestyle, backstroke, and streamlining. One primary focus in this class is that the water is a fun place to be and for students to develop their own sense of confidence.

Prerequisite: Graduate of Puffers.

- **SEALS:** For swimmers who are able to swim freestyle and backstrokes over a short distance and are now ready to learn freestyle side breathing (preferred side breathing). In this class we see the swimmers' confidence grow as they put these skills together.
Prerequisite: Graduate of Stingrays.
- **DOLPHINS:** Showing proficiency and comfort in swimming backstroke and freestyle with side breathing to the preferred side, swimmers are now ready to learn freestyle side breathing to their non-preferred side, as well as butterfly and breaststroke progression.
Prerequisite: Graduate of Seals.
- **SHARKS:** At this level, we begin to focus on bilateral side breathing. The swimmers are also ready to learn flip turns while pushing off the wall in a streamline on their back. We will also work on butterfly and breaststroke technique progression with breathing.
Prerequisite: Graduate of Dolphins.

YOUTH COMPETITIVE SWIMMING: An introduction to competitive swimming for children ages 8-16. Through this fun program, swimmers will improve endurance and technique in each of the four competitive strokes. Swimmers will also refine their starts and turns, learn quality and healthy training techniques, and good sportsmanship and community.

Prerequisite: Swimmers must be at least a Shark or above.
