

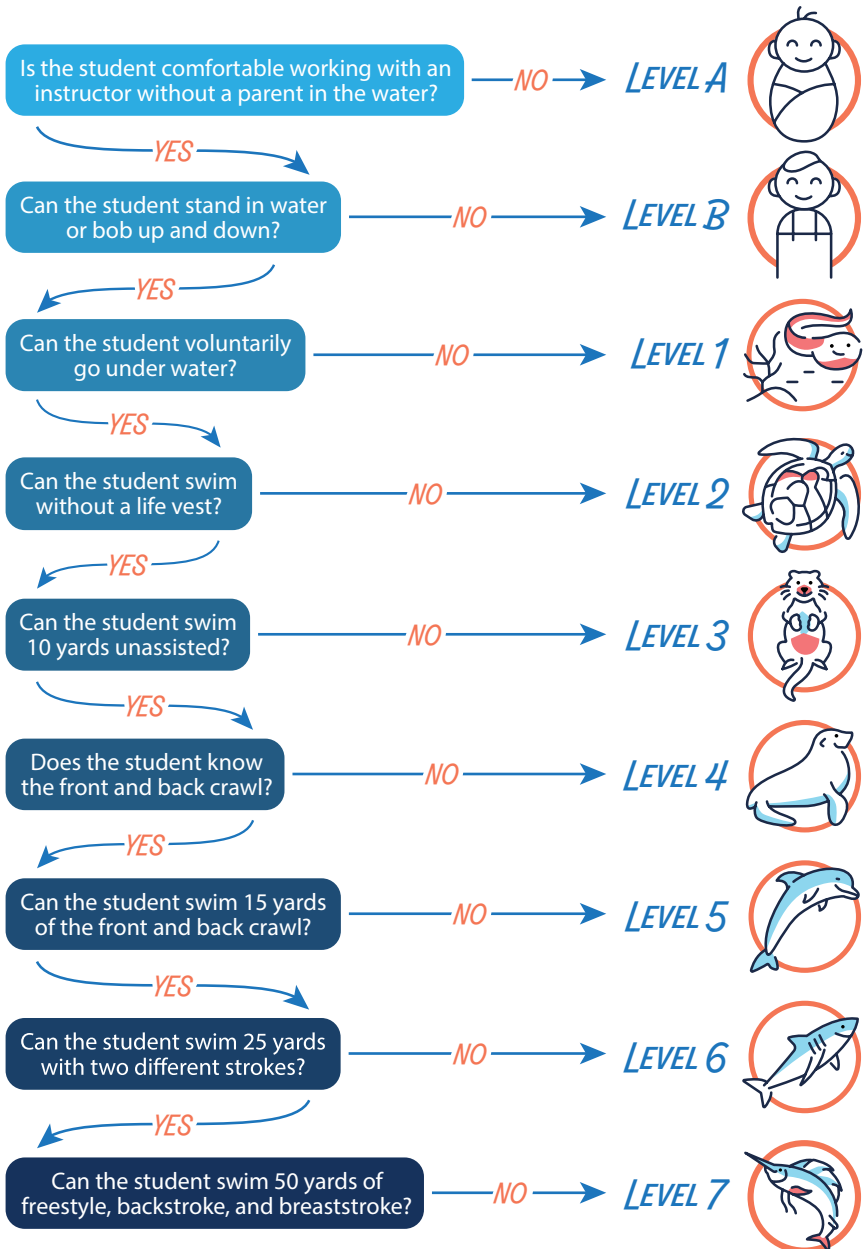


SWIM LESSON *SELECTION GUIDE*



WHICH LEVEL IS RIGHT FOR MY STUDENT?

Recommended Age Range



LEVEL A Aqua Babies

6 month – 3 years

Parent and student become accustomed to being in the water while learning basic skills and safety.

LEVEL B Aqua Toddlers

1 – 4 years

Parent and student increase basic skills and learn water safety.

LEVEL 1 Tadpoles

3 – 6 years

Allows young beginner swimmers to become comfortable with the water while fostering safe swimming and water safety practices. *Student must be toilet trained.*

LEVEL 2 Sea Turtles

3 – 7 years

Teaches young swimmers the fundamentals of swimming, including floats, glides, and front crawl stroke.

LEVEL 3 Otters

4 – 9 years

Focuses on stroke readiness with training in the front crawl, back crawl streamline, water treading and kicks for various strokes. The class provides, an easy transition from shallow water to deeper water.

LEVEL 4 Seals

4 – 10 years

Develops the skills acquired in level 3 while improving overall strength and endurance while spending more time in the deep end.

LEVEL 5 Dolphins

5+ years

Refines strokes and develops skills. Focuses on improving breathing, stamina, and endurance.

LEVEL 6 Sharks

6+ years

Teaches swimmers to swim the side, free, fly, back, and breast strokes across longer distances. *Participants must be able to swim 25 yards of each required stroke.*

LEVEL 7 Sailfish

7+ years

Assists the swimmer to complete all strokes, dives, and water submersion unassisted. *Participants must be able to swim 50 yards and reach the pool bottom.*

ALSO AVAILABLE



PRIVATE SWIM LESSONS

ALL AGES

Whether your child learns better with one-on-one attention, you are training for a triathlon, or you have specific swimming goals, we can help improve your skills!



SWIM CLUB

6+ years

Swim Club is a non-competitive swim team committed to providing personalized instruction while increasing endurance and improving stroke mechanics in a fun environment. *Swimmers should be able to swim 25 yards.*

SIGN UP TODAY

Visit
THECENTRE.INFO/SWIM

or



The Centre

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