

Swimming Lesson Class Descriptions

Classes have changed from previous years, please use this guide to determine which level your child is best suited for, before registering for a swimming class. Remember, it may take more than one session to master all the skills for each class and therefore it is natural to repeat a class. Our classes are progressive in nature, and it is in the best interest of the student to be placed in the appropriate class level.

Parent-Tot: Only offered at 10:10am and 6:10pm.

Parent-Tot swim class is for ages 6 months-3 years old with a parent or guardian; there are no pre-requisites to enter the class, no previous swimming skills needed. Class will cover (all with the parent's assistance) basic water comfort, floating, gliding, water submersion, and supported swimming techniques.

Parents will be in the water with the child; the class ratio will be 10 children per one instructor.

To pass to Preschool, the swimmer must turn 3 years old.

Preschool:

Preschool swim class is for ages 3-5 years old; there are no pre-requisites to enter the class, no previous swimming skills needed, only that the child must be 3 years old by the last day of the class. Class will cover basic water comfort, floating, gliding, water submersion, and supported swimming techniques.

Parents will not be in the water with the child; the class ratio will be 5 children per one instructor.

To pass to Station 1, the swimmer must turn 6 years old.

Preschool Advanced:

Preschool Advanced swim class is for ages 3-5 years old; this class is designed for swimmers who have passed the skills in the Preschool class, but have not turned 6 years old. The skills covered are exactly the same as the skills covered in Station 1, but the instruction style and pool depth is geared more to younger ages. Class will cover floating, gliding, water submersion, treading water and semi-supported swimming techniques.

Parents will not be in the water with the child; the class ratio will be 5 children per one instructor.

To pass to Station 1, the swimmer must turn 6 years old.

Station 1:

Station 1 swim class is for ages 6 years old and up; there are no pre-requisite swim skills to enter the class, no previous swimming skills needed, only that the child must be 6 years old by the last day of the class. Class will cover floating, gliding, water submersion, treading water and semi-supported swimming techniques.

Parents will not be in the water with the child; the class ratio will be 5 children per one instructor.

To pass to Station 2, the swimmer must perform all skills unassisted.

Station 2:

Station 2 swim class is for ages 6 years old and up; pre-requisites to enter the class include: (all performed independently) tread water for 30 seconds; rotary breathing; and swimming 4 body lengths of freestyle and backstroke. Classes will cover progression drills for freestyle, backstroke and breaststroke; open and flip turns; and swimmers will begin learning the basics of butterfly stroke and sidestroke.

Parents will not be in the water with the child; the class ratio will be 5 children per one instructor.

To pass to Station 3, the swimmer must perform all skills unassisted for 15 yards.

Station 3:

Station 3 swim class is for ages 6 years old and up; pre-requisites to enter the class include: (all performed independently) tread water for 60 seconds; rotary breathing in conjunction with Freestyle stroke; proficient swimming of Freestyle, Backstroke, and Breaststroke; basic swimming of butterfly and sidestroke; open turns and flip turns for Freestyle, backstroke, and breaststroke. Swimmers will begin swimming longer distances unassisted in this level, so it is key that the swimmer be able to perform the pre-requisites for the class.

Parents will not be in the water with the child; the class ratio will be 5 children per one instructor.

To pass to Station 4, the swimmer must perform all skills unassisted for 25 yards.

Station 4-Diving & Competitive Strokes: *Only offered at 10:50am and 6:50pm.*

Station 4 swim class is for ages 8 years old and up; pre-requisites to enter the class include: (all performed independently) tread water for 60 seconds; rotary breathing in conjunction with Freestyle stroke; proficient swimming of Freestyle, Backstroke, Breaststroke, Butterfly and Sidestroke; open turns

and flip turns for Freestyle, backstroke, & breaststroke. Swimmers will swim long distances unassisted in this level, so it is key that the swimmer be able to perform the pre-requisites for the class. New skills covered will include shallow water diving and starts, and competitive stroke drills to prepare the swimmer for a swim team setting.

Parents will not be in the water with the child; the class ratio will be 5 children per one instructor.

This is the last level for the League City swimming lesson program. From here, swimmers have the skills needed to pursue goals of joining a swim team.