

AQUATICS



AGES 6 MONTHS TO 3 YEARS (PARENT OR GUARDIAN MUST ACCOMPANY CHILD IN THE WATER)			
Tiny Tot	TT	Shallow End	Level 1 & 2: Learn to Demonstrate Skills with the Assistance of the Parent/Guardian: This includes water exploration and water safety in, out and around the water.



AGES 3 YEARS TO 4 YEARS			
Tadpole	TP	Shallow - Stairs	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Starfish	SF	Shallow	Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Squid	SQ	Shallow	Level 3: Stroke Development: Additional guided practice will help students improve their skills.



AGES 5 YEARS TO 14 YEARS			
Polliwog	PO	Shallow	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Advanced Polliwog	AP	Shallow	Level 2: Fundamentals of Aquatic Skills: Children will learn basic swimming skills.
Minnow	M	Deep End	Level 3: Stroke Development: Additional guided practice will help students improve their skills.
Fish	F	Deep End	Level 4: Stroke Improvement: Kids will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
Flying Fish	FF	Deep End	Level 5: Stroke Refinement: Guidance allows kids to refine their strokes and become more efficient swimmers.
Shark	SH	Deep End	Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.



AGES 15 YEARS AND ABOVE			
Adult	AD	Shallow End	Level 1 & 2: Introduction to Water Skills with Fundamentals of Different Aquatic Skills: Adults will learn basic swimming skills. Adults will also learn how to feel comfortable in the water and safely enjoy it .

