

## **City of Loveland Swim Lesson Descriptions**

### **Parent/Infant – Ages 6 months – 18 months**

Parents help introduce infants to the water while learning how to work with their child safely in the pool. Basic body position and holding techniques are introduced. One adult per child required. Swim diapers or plastic pants must be used. Sessions can and should be repeated.

### **Parent/Toddler – Ages 18 months – 3 years**

Parents help introduce toddlers to the water using songs, working on building confidence, becoming comfortable in and around the pool, and staying safe. Basic water activities are introduced. One adult per child required. Swim diapers or plastic pants must be used. Sessions can and should be repeated.

### **Preschool 1 – Ages 3 years – 5 years**

This level is for the swimmer with no or limited water experience and who is uncomfortable putting their face in the water. Front and back floats introduced along with interactive water games.

### **Preschool 2 – Ages 3 years to 5 years**

This level is for the swimmer who will comfortably submerge face and head underwater. Swimmers will learn to float independently on front and back for 5 seconds. Swimming on front will also be introduced.

### **Preschool 3 – Ages 3 years to 5 years**

This level is for the swimmer who is able to float independently on front and back for 5 seconds. Swimmers will learn to swim 5 body lengths on their front without stopping and become more comfortable in deeper water. Treading water is also introduced.

### **Level 1 – Ages 6+**

This level is for the swimmer with little or no water comfort. Swimmers will become comfortable submerging entire bodies in the water and learn to float independently on their front and back. Swimming on front will also be introduced.

### **Level 2 – Ages 6+**

This level is for the swimmer who can put their face in the water comfortably and can float independently. Swimmers will learn to swim 5 body lengths on their front without stopping and learn to tread water.

### **Level 3 – Ages 6+**

This level is for the swimmer who can swim on front 5 body lengths without stopping. Swimmers will learn rotary breathing, front crawl and elementary backstroke. Must be able to jump into shallow/deep water and move to the side comfortably.

### **Level 4 – Ages 6+**

This level is for the swimmer who can swim 25 yards front crawl without stopping and is comfortable in deep water. Swimmers will learn back crawl, breaststroke, sidestroke while building endurance on front crawl and elementary backstroke.

### **Level 5 – Ages 6+**

This level is for the swimmer who can swim 50 yards front crawl, perform the breaststroke and back crawl for 25 yards and can tread water continuously for at least one minute. Swimmers will be introduced to the butterfly stroke and flip turns on front and back.

### **Level 6 – Ages 6+**

This level is for the swimmer who can swim a minimum of two laps without stopping and is efficient in competition strokes including front crawl (freestyle), breaststroke, butterfly, and back crawl (backstroke). Swimmers will work on refining strokes, developing power and smoothness over greater distances.

### **Swim Adult Beginner – Ages 16+**

This level is for the adult looking to become more comfortable in the water and learn the basic skills to achieve a minimum level of water competency. Focus is on breath control, submerging, floating and learning the front crawl and elementary backstroke.