

Which swimming lesson is best for your child?

Arbuckle Parks & Recreation District's Swim Lesson Levels

Parent –Tot Aquatics (Ages 18 month -3 years)

- Learn water awareness & basic swimming skills
- Not ready to be away from parent in the water

Preschool Aquatics- Level 1 (Ages 3 to 5 years)

- Little to no experience with swimming
- Low student to teacher ratio
- Skills: movement in water, face in water, enter & exit independently & floating with assistance

Preschool Aquatics – Level 2 (ages 4-6 years)

- Experience with and no fear of water
- Medium Student to teacher ratio
- Skills: Submerge face in water, Supported floating & kicking on front & back, and enter & exit water independently.

Learn to Swim – Level 1- (Ages 5 & up)

- Little swimming experience
- Skills: Submerge & pick up items, unsupported floating & kicking on front & back, and basic breath control

Learn to Swim – Level 2 (Ages 6 & up)

- Must be able to float unassisted & have basic breath control skills
- Skills: Introduction to rhythmic breathing, stroke introduction – front & back and turning over and recovery to vertical position.

Learn to Swim – Level 3/ Swim Club Beginner

- Must be able to swim across pool & back without stopping. Basic understanding of freestyle stroke.
- Build on skills taught in prior levels, refine strokes & breathing and introduce diving

Learn to Swim – Level 4 / Swim Club Intermediate

- Must be able to swim continually without stopping & detailed knowledge of freestyle and backstroke
- Stroke work: refine all strokes include backstroke, sidestroke, butterfly, back crawl, breaststroke & freestyle.

Junior Guard Program – Ages 10-18 years old

- Must be able to swim & tread water
- Skills: increase endurance, basic rescue skills & team building

Swim Club Advanced

- Previous swim team experience or high level of knowledge of all strokes and diving
- Skills: Increase endurance and stroke refinement

Begin Here

