



SWIM STAGE DESCRIPTION

For all ages, 6 months to 103+ years!



In **Stage 1** we learn how to put our whole face in and blow bubbles out our nose. We become comfortable letting someone start us floating on our front and back and when they let go we can keep our head in the water and float on our own.



In **Stage 2** we learn how to start floating on our own and then roll from front to back while keeping our head in the water. Now we can swim and roll over to take breaths.



In **Stage 3** we become proficient at floating and rolling onto our back to take a breath while swimming farther and in the deep water. Our kick on our back now make us go fast with minimal splashing.



In **Stage 4** we learn to only roll to our side to take a breath, continue to improve swimming on our back including elementary back stroke and can now tread water for several minutes.



In **Stages 5 and 6** we continue to improve side breathing, swimming on our back including elementary back and back crawl. We learn breast stroke, sidestroke and butterfly. This class is in the lap pool and swims lengths. Endurance is a hard earned skill!



In **Pre-Competitive Group** we are skilled at side breathing, and swimming on our back. We continue to work on breast stroke, sidestroke and butterfly, as well as learn skills needed for competition. This class is in the lap pool and swims lengths.

* Swim test required before registering for this group.