



AQUATIC SWIM CATEGORIES for Lessons & Programs

MASSAD FAMILY BRANCH
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Contact:

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Swim Lesson Coordinator: Valerie Wiss



PRESCHOOL LESSONS (6 Months to 5 Years of Age)

Parent/Tot (6- 36 months/ 30 minutes)

Critical Skills to enter: Requires one parent in the water per child. Children are not submerged. All children not potty trained must wear tight rubber pants over a diaper (little swimmer diapers are best), and under a swim suit.

Inbetweens—Pike & Parent (3- 5 years)

Critical Skills to enter: This class is for those preschoolers who are not ready to be independent in the water, but are older than those in the parent/tot class. The parent gets in the water with their child and the class is instructor led. One parent in the water per child.

Pike (3- 5 years - 30 min)

Critical Skills to enter: Child must be able to sit independently and listen to an instructor. Must be potty trained. Parent is not in this class.

Eels (3- 5 years/ 40 min)

Critical Skills to enter: Must be able to swim 5 feet without help, any stroke above or under the water.

Rays (3-5 years- 40 min.)

Critical Skills to enter: Must be able to swim 15 feet unassisted, and comfortable going under the water.

PROGRESSIVE SWIMMERS (6- 12 Years)

Polliwog 1 and 2 (40 minutes)

Polliwog 1 is for beginners who have never been in a class and are afraid of the water.

Polliwog 2 is for more advanced beginners repeating the Polliwog Level, or for beginners not afraid of the water.

Guppy (40 minutes)

Critical Skills to enter: Must swim length of pool any stroke, on top or under water, without a float belt.

Minnow (40 Minutes)

Critical Skills to enter: Very comfortable on top and bottom of the water. Endurance strokes: 1 length of pool: front crawl, back crawl, sidestroke, elementary backstroke, front symmetrical.

Fish (40 Minutes)

Critical Skills to enter: Efficient in strokes as noted in Minnow except must perform two lengths of the pool. Good body position.

Flying Fish (40 Minutes)

Critical Skills to enter: Must be able to swim all strokes listed above efficiently for 2 lengths of the pool. Should be able to perform butterfly stroke for 1 length of the pool and be able to perform flip turns.

TEEN AND ADULT LESSONS (13 years — Adult)

We offer adult and teen classes that are kept small, so the instructor can work to the level of each student and help them feel as comfortable as possible.

Teen/Adult Beginner

Not swimming in water over your head.

Teen/Adult Intermediate

Can swim in deep water but needs help with strokes.

Adult Beginner

Not swimming in water over your head.

Adult Intermediate

To enter must be able to swim in water over your head comfortably.

Must have at least four swimmers registered to hold a Teen or Adult class.

ADAPTIVE SWIM LESSONS

The adaptive class is for children with special needs of any age and ability. The class focuses on the family in the pool with the child along with other students with the instructor showing the family how to work with the child in the water at the child's level so they can appreciate the water and have quality time with the parent/sibling.