

SWIM CLASS DESCRIPTIONS

**Brighton Aquatics will be offering a limited number of outdoor swim lessons for the summer season!

See classes and schedule on the Brighton Oasis page 15

WB Water Babies:

Ages 6 months-3 years

Parents must accompany the child in the water. Safety, water adjustment, and water exploration are a few of the skills that will be taught to the parents to enable them to teach their child outside of the structured class as well as introducing a student/instructor relationship.

PBP Preschool Beginner Pollywogs:

Ages 3-5 years

There are no prerequisites. This class is recommended for children who have little to no experience in the water and will be introduced to the teacher/student relationship. The objective is to help students feel comfortable in the water and to learn how to enjoy the water safely. Students will be introduced to proper breath control, putting their face in the water, assisted floating front/back, assisted front glides. Underwater exploration will be introduced. Students will progressively learn to demonstrate skills independently. Students that successfully pass this class will be able to demonstrate front floats and back floats independently for 10 seconds each. Please refer to age ranges when enrolling students.

PG Preschool Guppies:

Ages 3-5 years

This class is recommended for students that have successfully passed Preschool Beginner Pollywogs. Students will build on the basic fundamentals learned in the beginner class including underwater exploration. Independent front glides and back glides will be the focus of this class and the foundation of freestyle and backstroke. To pass this class, students must be able to independently demonstrate front glides and back glides for 10 seconds or two body lengths. Whichever distance is further. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Preschool Minnows.

PM Preschool Minnows:

Ages 3-5 years **Class will be held in the lap pool**

This class is recommended for students that have successfully passed Preschool Guppies. Students will continue independent swimming progressions in this class including proper freestyle starts from the side of the wall, introduction to beginner freestyle, proper starts for back stroke and beginner back stroke. Students that successfully pass this class must be able to swim independently and comfortably half the length of the lap pool (both beginner freestyle and back stroke). Class participants will swim in the lap pool most or all days. Students that successfully pass this class, with the approval of the instructor and/or Aquatic Management, will be able to participate in Level 3. *Swimmers can expect a minimum of 6 months enrolled in Minnows before progressing to Level 3.

1 Level 1: Water Exploration

Ages 6+

There are no prerequisites. This class is recommended for children who have little to no experience in the water. Students will be introduced to the teacher/student relationship. The objective is to familiarize students' to the water and to learn how to enjoy the water safely. Students will be introduced to breath control, putting their face in the water, assisted front/back floats, and front glides. Underwater exploration will also be introduced. Please refer to age ranges when enrolling students.

2 Level 2: Fundamental Skills

Ages 6+

This class is recommended for students who have successfully completed level 1. The objective is to build students' confidence with fundamental skills previously learned including underwater exploration. Other skills include breath control, front/back glides and an introduction to freestyle and back stroke. Students will progressively learn to demonstrate front glides and back glides independently.

3 Level 3: Stroke Mechanics

Ages 6+

This class is recommended for students who have successfully completed level 2 and students that have successfully completed Preschool Minnows. The objective is to continue progressions with the strokes introduced in level 2. There will be a focus on freestyle and back stroke. Students will continue refining proper breathing techniques for each stroke learned. There will be an introduction to breast stroke and elementary back stroke as well as an intro to treading water. Students need to be able to swim the full length of the lap pool independently demonstrating freestyle and backstroke to register for the next class.

4 Level 4: Stroke Development

Ages 6+

This class is recommended for students who have successfully completed level 3. The objective is to develop proper stroke technique and endurance. Freestyle and back stroke skills will be refined with drills and distance swimming. Proper side breathing technique for freestyle will be taught. Breast stroke and elementary back stroke will continue to be practiced. Intro to butterfly will begin here.

5 Level 5: Stroke Refinement and Endurance

Ages 6+

This class is recommended for students who have successfully completed level 4. There will be a focus on building swimming endurance with all four competitive strokes as well as refining technique. Students in this class will begin to swim 100 yards at a time for each stroke. After completion of this class, the student should be able to swim laps comfortably. After completion of this class, it is strongly recommended to join the CARA swim team to maintain skills and promote healthy exercise habits.