

Wondering what level to sign up for, for swimming lessons?

Here is a guide we like to recommend:

**Level One:** This level is for new swimmers. The students in this level will learn floating, basic paddle strokes, and kicking skills. Students will be encouraged to submerge and jump independently into the water.

**Level Two:** This level is for students who are comfortable in the water. Independence and confidence are also important while continuing to increase skills in gliding, floating, creating arm movements, and treading water.

**Level Three:** This level focuses on increasing the student's ability to develop swim strokes. Students will be asked to swim two lengths of the pool on their own by the end of this level.

**Level Four:** This level focuses on endurance, while also working on stroke form. Breast stroke, back stroke, front crawl, and diving from blocks will also be introduced.

**Level Five:** Stroke refinement and endurance are continued at this level for all strokes. Students are introduced to survival swimming, learn diving skills, as well as flip turns and lessons on personal water safety.

**Level Six:** This level prepares students for the transition into swim team and / or lifeguarding. Laps, Laps and more laps.

~CAAC MANAGEMENT~