

# **Garden Grove Aquatics**

## **Swim Class Level Descriptions**

### **Preschool Swim Classes (P)** **Ages: 3-5 ONLY**

#### **Starfish (Level P1)**

This class is for new swimmers ages 3-5

Starfish class introduces swimming and water safety to children with little or no previous swimming experience, who are comfortable in the water without parental assistance or floatation devices.

Swim diapers are recommended

#### **Tadpole (Level P2)**

For children ages 3-5 who have passed Starfish level and are totally comfortable in the water and eager to start swimming independently. Children who are ready for Tadpole class can:

- Completely submerge themselves under the water.
- Float on their front and back for 3 seconds with minimal support.
- Understand and be able to employ basic swimming mechanics (arm and leg movements).

#### **Sea Turtle (Level P3)**

For children ages 3-5 who have passed Tadpole level and are swimming independently.

Children who are ready for Sea Turtle class can:

- Swim unassisted on their front for about 15ft.
- Comfortably roll from their front to back, with minimal assistance.
- Understand and be able to employ basic swimming mechanics for the backstroke.

#### **Parent & Child**

Ages: 6 Months- 4 years

Parents and children participate in guided practice with emphasis on fun, comfort, and swimming readiness. This course does not teach children to be accomplished swimmers nor to survive in the water. Swim diapers are required. One adult, 18 years of age or older, must accompany the child in the water.

## Swim Classes

**Ages: 6-15**

### **Guppy (Level 1)**

This class is for new swimmers ages 6-15. Guppy class introduces swimming and water safety to children with little or no previous swimming experience. This level helps children build confidence, swim on front and back short distances by themselves, and develop safety skills in and around the water.

### **Seal (Level 2)**

For children 6-15 who have passed the Guppy or Sea Turtle level.  
This class is for children who can swim more than 15 feet by themselves on their front and back. New skills include side breathing, treading water, and water safety skills.

### **Dolphin (Level 3)**

For children 7-15 who have passed the Seal Level.  
Designed for children who can swim both front and backstrokes at least 30 feet, jump into deep water, and tread water. New skills include introduction and development of elementary backstroke, and the breaststroke, and the dolphin and sidestroke kicks.

### **Barracuda (Level 4)**

For children 7-15 who have passed the Dolphin level.  
This level focuses on stroke improvement, and building endurance and versatility in the water. New skills include introduction and development of the breaststroke, butterfly stroke and flip turns.

### **Private Lessons**

Individual instruction for all ages. Instructor will assess students' level and create a tailored lesson plan for their needs. Semi private lessons also available for groups of up to 3.