

Swim Class Descriptions, Summer 2017

WHITE FISH I: This level is designed for children who have never had swim lessons before and are generally afraid of the water. Children in this class may be very young and are most likely going to be apprehensive about putting their faces in the water, floating, blowing bubbles, etc. The purpose of White Fish I is to help children understand safety around the water and to build their comfort level in the water. Children in these classes will also begin to learn basic water skills. Students enrolled must be at least 4 years old.

WHITE FISH II: Children in the White Fish II class must be able to successfully perform all the skills required to exit the White Fish I class. Generally, students in this class will be more comfortable in the water than White Fish I students, but they may still retain some apprehension. Apprehension in the water should be totally relieved for the student to progress to Red Fish. White Fish II continues learning basic water skills, and they should be able to perform the skills with support of the teacher. Suggested age for White Fish II is 5 years and older.

RED FISH: In order to progress to the Red Fish class, a student must have successfully completed both White Fish I and II or be able to successfully perform all the required skills of the earlier classes. Red Fish will begin learning strokes and breathing techniques. They should not be apprehensive in the water and should be able to begin performing some skills independently. As with the other classes, Red Fish should not progress to the next level until all skills are successfully completed. Suggested age for Red Fish is 6 years and older.

BLUE FISH: This is a class for older, more advanced swimmers. Children should have no fear of the water and should be willing to participate in all activities during a lesson. Blue Fish instructors will continue to teach stroke skills while helping the student to perfect the strokes. Blue Fish students should be able to perform floats, strokes, and breathing patterns comfortably and easily before progressing to the Rebel Fish level. Suggested age for Blue Fish is 8 years and older.

REBEL FISH: As the most advanced class in the Learn to Swim program, Rebel Fish is generally for those students who have nearly perfected all the strokes taught in the learn to swim program and are ready to customize a personal swimming program. Instructors may teach diving, fitness swimming, competitive swimming techniques, or water safety skills. Suggested age for Rebel Fish is 9 years and older.

ADULT: Adult classes are generally for beginning adult swimmers, but intermediate and advanced adult classes may be added to the Learn to Swim program based on need for the classes.