



**WATERTOWN
BOYS & GIRLS CLUB**

SWIM LESSON LEVELS

PRESCHOOL AGE LESSONS *Ages 3 to 6*

Ratios are 5:1 and classes will run for 30 minutes.

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| Preschool Level 1 | The focus of this level is to build your child's comfort and confidence in the water. With the help from an experienced instructor, your child will learn about pool safety and start their path to independent swimming. |
| Preschool Level 2 | Children must complete Level 1 or must be swim tested by our staff to register for this class. This class will take the confidence your child developed in Level 1 and further their swimming fundamentals. |

YOUTH AGE LESSONS *Ages 6 to 15*

Ratios are 5:1 and classes will run for 30 minutes.

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| Youth Level 1 | The focus of this class is to make sure your child has the correct building blocks of the basic swimming strokes. This class highlights freestyle and backstroke, as well as other survival skills. |
| Youth Level 2 | Children must be complete Level 1 or must be swim tested by our staff to register for this class. In Level 2, your child will start to increase their swimming endurance and swim further distances. Participants will start to learn elementary backstroke and breaststroke. |
| Youth Level 3 | Children must complete Level 2 or must be swim tested by our staff to register for this class. Your child will be swimming longer distances in Level 3 with a focus on rotary breathing. Your child will work on mastering breaststroke and will start learning butterfly and flip turns. |
| Youth Level 4 | Children must complete Level 3 or must be swim tested by our staff to register for this class. This is the last lesson before our Pre-Team! In this level, your child will refine all of their strokes. Students will also master their flip turns and learn about open turns. |