



Preschool 1



This level is designed for children who require a flotation device and direct assistance from a parent/instructor. They will learn front and back floats, glides, blowing bubbles, putting their face in, and many other introductory skills. Parents are not required to be in the water.

Preschool 2



This level builds on the skills learned in Preschool 1. Students will be able to independently perform all their floats and glides and swim short distances while wearing a PFD. Students will also learn how to jump in by themselves, and fully submerge and blow bubbles at the same time.



Preschool 3

This is the first level where students no longer wear lifejackets in the water. Some of the items include learning to swim short distances (up to 5 meters) on their back and front. This class should only be selected if your child is able to comfortably do their floats (with face fully in), glides, and kicks with a lifejacket already.



Preschool 4

At this level, students extend their distances on their glides (up to 7 meters) on their back and front and start to do some flipping from their front to their back while swimming. This class should be selected for students that are finished Preschool 3, but not old enough (6 years old) to be enrolled in Swimmer 1.



Preschool 5

This level is where students begin learning front crawl and back crawl, treading water, and a forward roll-in for the first time. This level looks very similar to Swimmer 2 but with shorter distances. Upon completing Preschool 5, students skip Swimmer 1 and start in Swimmer 2.