

Westfit group swim lesson level details

Little Dippers

Ages: 6 months – 3 years

Ratio 10:1 (30m)

Skills needed for this level: None. Summary: Little Dippers is a parent and child class for new swimmers. Children and their parents work together to learn safety and comfort in the water through games, as well as arm/leg movement.

Skills gained:

- Comfort in the water
- Parent -child bonding
- Getting comfortable with head and ears in water
- Learn different holds and supports on front and back
- Learn basic water safety skills
- Moving arms and legs in the water
- Independence while in water

Preschool

Preschool Ages: 3-5 years

Ratio 4:1 (30M) Skills needed for this level: None.

Summary: The Preschool Level is aimed at helping children become more comfortable in the water as well as introducing basic skills such as kicking, arm movements, and bubble blowing. The class focuses on submerging the face in the water while doing different skills.

Skills gained:

- Comfortable in the water away from parents
- Basic kicking on the back and front
- Basic arm movements
- Bubble blowing
- Following pool rules
- Able to float on back for 5sec (with assistance)
- Able to float on front (with assistance)

Beginner

Ages: 4-6 years

Ratio 4:1 (30m)

Skills needed for this level:

- Comfortable in the water away from parents
- Ability to swim (kicking on front and back) with a flotation device

Summary: The Beginner Level is for children who have some swimming experience and do not have a fear of the water. Beginners must be able to put their face in the water. This class continues to improve basic swimming skills such as arm and leg movements, and bubble blowing as well as beginning new skills such as gliding and floats on front and back.

Skills gained:

- Basic coordination of arms and legs on front and back
- Bubble blowing
- Jumping into pool without assistance
- Retrieving submerged objects

Beginner Older Child

Ages: 6+

Ratio 4:1 (30m)

Skills needed for this level: None.

Summary: The Beginner Older Level aims to help children become more comfortable in the water as well as improve basic skills such as bubble blowing, kicking, floating, arm movements, and swimming without assistance.

Skills Gained:

- Feeling comfortable in water- with or without instructor assistance
- Basic coordination of arms and legs on front and back for 5 yards- with or without instructor assistance
- Bubble blowing
- Jumping into pool without assistance
- Retrieving submerged objects
- Learn basic water safety skills
- Front floats and back floats (with assistance)
- Learning proper body alignment on front and back glide
- Climbing out of the pool without assistance
- Swimming on back with or without instructor assistance

Advanced Beginner

Ages- 5+

Ratio- 5:1 (30M)

Summary: This class is built for kids who can swim comfortably on their front and back with little to no assistance from the instructor. This class is NOT meant for kids who need an instructor to hold onto them the entire time they are swimming, but the instructor WILL be in the water.

Skills needed:

- *Can swim independently 5-10 yards of the pool unassisted
- *Can tread water for 10 seconds
- *Can submerge beneath the surface and retrieve a dive toy.

Skills gained:

- *Swimmers should be able to swim at least 15-20 yards unassisted on their front and back.
- *They'll be introduced to back stroke and rotary breathing for free style.
- *Diving from the side of the wall
- *Treading water for 15-45 seconds
- *Improvement on breast stroke (stroke only)

Intermediate 1

Ages: 6 +

Ratio 5:1 (45m)

Skills needed for this level:

- Able to swim on their front and back 15-20 yards without and no assistance
- Students must be able to life arms out of the water for both Freestyle and Backstroke (no "dog paddle")
- Able to swim with face submerged in the water for Freestyle and Breaststroke
- Can retrieve dive toys from bottom of the pool

Summary: The Intermediate 1 Level is for children who can swim at least 15-20 yards unassisted by an instructor (Can still use equipment to improve strokes). The class will focus on improving the backstroke as well as freestyle with basic bilateral breathing. And introducing the kick for breaststroke and diving from a block.

Skills gained:

- Freestyle for 25 yards with basic understanding of bilateral breathing
- Swim on back for 25 yards
- Getting rings from bottom of pool in mid depth
- Tread water for at least 60 seconds
- Build endurance
- Cardio improvement for front and back swimming

Intermediate 2

Ages: 6+/based on skill

Ratio 5:1 (45m)

Skills needed for this level:

- See “Skills gained” under Intermediate 1

Summary: The Intermediate 2 Level is for children who can swim unassisted for 25 yards (can still use equipment to improve strokes). The class will focus on technique improvement on all strokes, and introduction to butterfly and flip turns.

Skills gained:

- Swim freestyle for 50 yards without stopping with bilateral breathing
- Swim backstroke for 50 yards
- Demonstrate basic breaststroke with appropriate breathing and kick
- Diving into pool from block
- Introduction of Butterfly stroke
- Build endurance