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| **Class Name** | **Description** | **Pre-Requisites** | **Skills Accomplished in the Class** |
| **Parent Tot**  **(12mos – 36 mos.)**  **5:1 Ratio**  **30 Minutes** | This class is designed for parents and their toddlers, you will work together in the pool under the direction of a SwimLabs instructor to develop the beginning swimming skills crucial for learning strokes and promote safety in the water. | * **Between 12 and 36 months of age** * Parent must accompany child in the water * Child must wear a non-disposable swim diaper with elastic waist and legs | * Safely enter/exit pool * Blow mouth bubbles for 3 seconds * Assisted back float for 5 seconds * Face in water with and without goggles * Independent of parent and listens to instructor * Front flutter kick on bar for 5 seconds * Back flutter kick on bar for 5 seconds * Freestyle arms on bar with assisted hold for 4 arm pulls |
| **Beginner 1**  **4:1 Ratio**  **30 Minutes** | This class is designed for beginner swimmers who have no prior swimming experience, or are scared of the water. Skills covered in this class include: building a relationship with the instructor, blowing bubbles through the mouth and nose, front and back float, as well as the beginning arm and kicking movements for freestyle and backstroke. | * **Is at least 3 years old** * Is new to swimming * Has had no previous formal lessons * Is independent from parents | * Safely enter/exit pool * Blow nose bubbles for 3 seconds * Independent front float for 5 seconds * Independent back float for 5 seconds * Front flutter kick on instructor’s shoulders with face submerged for 10 seconds * Back flutter kick for 10 seconds with swimmer’s head in instructor’s hands * Freestyle arms on instructor’s shoulders with face submerged for 4 arm pulls |
| **Beginner 2**  **4:1 Ratio**  **30 Minutes** | This class is designed for beginner swimmers who have had prior swimming experience and are not afraid of the water. Skills covered in this class include: learning to do basic freestyle and backstroke independently. | * **Is at least 3 years old** * Has completed the SwimLabs Beginner 1 class, or, * Has prior swimming experience elsewhere | * Safely enter/exit pool * Bobs independently- 5 bobs * Front Kicks independent * Back kicks independently * Freestyle independently- 4 strokes * Backstroke independently- 8 strokes * Front to back float independently * Jump in from wall and swim back to wall |
| **Intermediate 1**  **and 2**  **5:1 Ratio**  **30 Minutes** | This class is designed for swimmers that have progressed from the beginner levels of swimming lessons. Students in this class are working on learning to breathe to the side in freestyle, as well as gaining endurance with backstroke. Also covered in this class is learning the elementary movements of dolphin kick. | * Has completed the SwimLabs Beginner 3 level, or * Has had beginner level experience elsewhere * Can successfully complete the skills required in Beginner 3, listed above | * Freestyle arms, kick and side breath up current for 12 arm pulls * Backstroke for 25 strokes * Dolphin kick for 5 seconds * Freestyle for 50 strokes * Backstroke for 50 strokes * Butterfly kick & arms up current for 6 arm pulls * Breaststroke kick for 6 kicks |