

SWIM LESSON

Class Descriptions

Parent/Child Classes – H2O Class

Ages 6 months to 3 years. The H2O class is for children who have no water experience. The goals of the class are to provide experiences and activities for parents and children to learn how to enter and exit the water in a safe manner, feel comfortable in the water, submerge, explore buoyancy in front and back positions, and change body position in the water. A parent must be in the water with the child.

Preschool Classes

Ages 3 to 5 years old. This level promotes water safety and swimming readiness through floating, blowing bubbles, acclimation to the water, and socialization skills. Children will be introduced to submerging their faces, retrieving objects, arm action for treading water, and rolling over from front to back. Parents do not enter the water. Children should be able to work independently of a parent with the instructor.

Level 1

Ages 6 to 12 years old. Level 1 is an introduction to swimming. Students will work, with assistance, on face submersion, floating on both front and back, and proper arm and leg action for treading water. Students will learn front and back crawl basics, kicking, and will work to improve skills and coordination.



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Level 2

Ages 6 to 12 years old. Level 2 students will begin to build endurance in their front and back crawl. Students should be able to perform skills with little to no assistance. To pass out of this course, they must be able to swim the width of the pool doing both front and back crawl with some ease, along with rhythmic breathing. Students must be comfortable in water depth above their heads. They will also be learning elementary backstroke.

Level 3

Ages 6 to 12 years old. Students must be able to demonstrate the front and back crawl for at least 15 yards. They must also be able to tread water for 30 seconds and be comfortable in deep water, as the class is taught in 6 feet of water. The objective of this level is to work on front crawl, back crawl, rhythmic breathing, and body roll. Elements of sidestroke will be introduced.

To register, scan the QR code or contact Aquatics Manager Sue Skuza at sskuza@mandeljcc.org or 216-831-0700 ext. 1308.

