

SWIM LESSON

Astoria
AQUATIC CENTER

LEVEL DESCRIPTIONS

AQUA DUCKS: Develops comfort in water for both child and parent or guardian. Aqua Ducks is designed for ages 6 months to 3 years old.

LEVEL

1

This class teaches new swimmers how to submerge under water and find comfort in the water.

LEVEL

2

Newer swimmers will learn how to float on their front and backs in this class. They will also be introduced to streamlining.

LEVEL

3

Swimmers will learn how to propel themselves with proper kicks in streamline in this class.

LEVEL

4

In this class, swimmers will learn the fundamentals of the freestyle stroke.

LEVEL

5

Swimmers will advance to the lap pool for this class where they will learn to breathe bilaterally during freestyle as well as treading water.

LEVEL

6

In this advanced class, swimmers will develop all four swim strokes, diving, and lifetime strokes.