

Swim Lesson Levels



Level placement and advancement information

Welcome to group lessons at The EDGE! We are so excited to have you join us for the upcoming sessions. Our group programming starts as early as 6 months old. With a variety of classes based on age and ability, you can find a class that fits your needs. With small class sizes, we strive to give each swimmer individualized feedback to improve their ability.



**AGES 6
MONTHS TO
2.5 YEARS**

A Parent or Guardian accompanies the child for the in-water lessons.

The instructor will address minor, natural fears around water for both the adult and child.

- **Class Goals**

- Get face and head wet
- Splashing with hands and feet
- Entering the water from a seated or standing position.
- Experience being on their back and front with assistance

- The class is not intended to teach children to swim under or along the surface of the water, but is meant as an introduction to being safe, having fun, and moving in water.

- **Required Equipment:**

- Disposable swim diaper and fitted outer covering, towel.

- **How to level up?**

- The next level is an age requirement (must be at least 2.5 years old to join preschool classes)



PRESCHOOL
1
AGES 2.5-5

A Parent or Guardian accompanies the child for the in-water lessons.
The instructor will address minor, natural fears around water.

- **Class Goals**

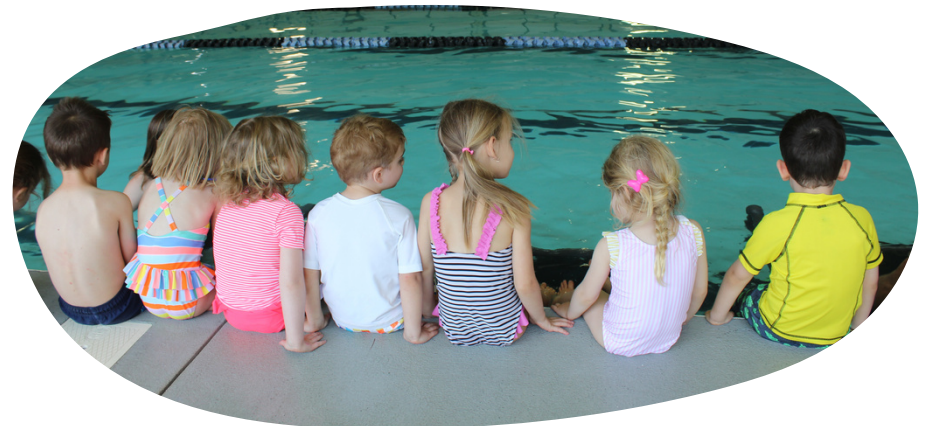
- Get face and head wet.
- Entering the water from a seated & standing position.
- Experience being on their back and front with and without assistance.
- Begin to learn the combined arm and leg action for freestyle.
- Learn to back float.

- **Required Equipment:**

- Swimsuit, towel, hair tie for long hair.
- Goggles are not required, but they are strongly recommended for children over 3 years old.

- **To level up, the participant must:**

- Be willing and able to submerge their head
- Be able to push off from the swim platform and use a combined arm and leg action to swim approximately three times the length of their body.
- Demonstrate a comfortable back float without assistance



**PRESCHOOL
2
AGES 2.5-5**

- **A Parent or Guardian accompanies the child for the in-water lessons.**
- **Class Goals**
 - Gain confidence, strength & coordination.
 - Learn patterned breathing (continuation from preschool 1 freestyle skill)
 - Gain endurance (increase distance)
 - Safety floats
 - Begin to learn the backstroke
- **Required Equipment:**
 - Swimsuit, goggles, towel, hair tie for long hair.
- **To level up, the participant must:**
 - Be at least 5 years old
 - Learn to swim 2 is recommended for participants who can successfully demonstrate the skills list above.



LEARN TO SWIM 1 AGES 5+

A Parent or Guardian accompanies the child for the in-water lessons.
The instructor will address minor, natural fears around water.

- **Class Goals**

- Get face and head wet.
- Entering the water from a seated & standing position.
- Experience being on their back and front with and without assistance.
- Begin to learn the combined arm and leg action for freestyle.
- Learn to back float.

- **Required Equipment:**

- Swimsuit, towel, hair tie for long hair.
- Goggles are not required, but they are strongly recommended for children over 3 years old.

- **To level up, the participant must:**

- Be willing and able to submerge their head
- Be able to push off from the swim platform and use a combined arm and leg action to swim approximately three times the length of their body.
- Demonstrate a comfortable back float with out assistance
- Be able and willing to try to swim independently.



LEARN TO SWIM 2 AGES 5+

- **A Parent or Guardian accompanies the child for the in-water lessons.**
- **Class Goals**
 - Gain confidence, strength & coordination.
 - Learn patterned breathing (continuation from Learn to Swim 1 freestyle skill)
 - Gain endurance (increase distance)
 - Safety floats
 - Begin to learn the backstroke
- **Required Equipment:**
 - Swimsuit, goggles, towel, hair tie for long hair.
- **To level up, the participant must:**
 - Be able to swim 25 yards unassisted or be taller than the depth of the pool (4ft-4.5ft)
 - Have an understanding of the correct freestyle & backstroke movements
- If your child cannot swim safely by themselves they should participate in learn to swim 2 or consider private lessons to reach level 3.



LEARN TO SWIM 3 AGES 6+

The child is in the water with the instructor(s) for this level

- **Class Goals**

- Participants can swim freestyle and backstroke demonstrating proper kick and arm movements.
- Improve/learn proper side breathing techniques.
- Do vertical bobs and propel themselves (streamline glides).
- Participants will continue to refine their freestyle and backstroke mechanics.
- Improve/learn the breaststroke.

- **Required Equipment:**

- Swimsuit, goggles, towel, hair tie for long hair.

- **To level up, the participant must:**

- Be able to swim 50 yards unassisted.
 - Have the correct freestyle, breaststroke & backstroke movements
- If your child cannot swim 50 yards with out stopping, please consider another round of learn to swim 3.



**LEARN TO
SWIM 4
AGES 7+**

The child is in the water with the instructor(s) for this level

• **Class Goals**

- Participants will continue to refine their freestyle, breaststroke & backstroke mechanics.
- Improve endurance and strength.
- Learn/improve the butterfly.

• **Required Equipment:**

- Swimsuit, goggles, towel, hair tie for long hair.

• **Want to level up? Consider joining our swim team!**

○ **EDGE SWIM CLUB**

- The EDGE at Eastwood Drive, South Burlington is home the The EDGE Swim Club.
- Times that the EDGE Swim Club uses the pool are posted on our Eastwood Drive pool schedule.
- If you are interested in more information about The EDGE Swim Club, please contact: swimteam@edgevt.com
- Evaluations will consist of a 100 yard swim doing freestyle. Participants must show that they can do a proper side breath and swim safely for 100 yards with out stress or hesitation.



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