

## Swim Level Descriptions

**Parent/Child:** (Ages 6 months – 3 years): This class introduces young children to the water through fun, water-related activities while helping them feel safe and comfortable. One adult must be in the water with their child at all times.

**Level 1:** Introduction to Water Skills: Students will learn foundational skills such as bobs, glides, front and back floats, flutter kicks, and scoops. All skills can be performed with instructor assistance.

**Level 2:** Fundamental Aquatic Skills: Students will build confidence by learning to tread water, float on their front and back, and swim independently. Before starting this class, swimmers should be able to enter the water and submerge independently or with minimal assistance.

**Level 3:** Stroke Development: Students will practice treading water, jumping into deep water, and swimming one length of the pool. They will be introduced to strokes such as elementary backstroke, front crawl, and rotary breathing. Regular swimming in deep water is required at this level.

**Level 4:** Stroke Improvement: Students will refine their front crawl and elementary backstroke, swimming 25 yards of each. They will also be introduced to breaststroke, butterfly, sidestroke, and open turns. Before enrolling, swimmers should be able to swim at least one lap of front crawl and elementary backstroke.

**Level 5/6:** Stroke Refinement & Endurance: This advanced class focuses on stroke refinement, proper turns, and endurance. Students will work on shallow angle dives, swimming 50 yards of front crawl and elementary backstroke, and refining their breaststroke and back crawl. Swimmers will also work towards continuously swimming 20 laps.

**Adaptive:** All Ages. Private lessons in a small group and/or supportive setting provide individualized instruction tailored to each participant's needs. Lessons focus on water comfort, safety, and foundational swimming skills. Each class is 30 minutes and is adapted to meet the participant's learning pace and abilities. Once registered, please contact us at [avonrec@avonct.gov](mailto:avonrec@avonct.gov) to discuss how we can best support the participant's needs.

**Adult:** Designed for older teens and adults, this program provides a supportive environment for swimmers of all levels to improve their skills at their own pace. With guidance from trained instructors, participants can set and achieve personal swimming goals.