

This Class Is Right For Your Child If They Can:

AQUATOTS (6-35 months – Parent or guardian must be in the water):

AQUATOT 1

(Adult/Infant)

- Work in the water with a parent/guardian
- Ages 6-35 months

AQUATOT 1.5 (Adult/Toddler)

(offered at Lincoln Park-Moyer Pool during summer only.)

If not available, register for Aquatot 1)

- Work toward independence from a parent/guardian in the water
- Ages 18-36 months

AQUATOTS (3-5 years):

AQUATOT 2

(Graduates to Aquatot 3)

- Work toward independence in the water with an instructor

AQUATOT 3

(Graduates to Waterworks 1)

- Work in the water with an instructor (without crying)
- Put eyes underwater
- Blow bubbles
- Lie on their front and back with assistance

WATER ACCLIMATION (6-12 years):

WATER ACCLIMATION (Graduates to Waterworks 1)

- Work in the water with an instructor (without crying)
- Put eyes underwater
- Blow bubbles

- Lie on their front and back with assistance
- Prepared to join more advanced swimmers their age

WATERWORKS (5-15 years):

Waterworks 1

(graduates to Waterworks 2)

- Fully submerge underwater
- Kick and scoop with support
- Float on front independently
- Make independent forward progress

Waterworks 2

(Graduates to Waterworks 3)

- Swim freestyle
- Take a breath while making forward progress on front
- Roll over to rest while swimming
- Demonstrate breaststroke (frog) kick

Waterworks 3

(Graduates to Waterworks 4)

- Swim at least half the length of the lap pool (approx. 15 yds)
- Swim freestyle with side (rotary) breathing
- Swim backstroke

Waterworks 4

(Graduates to Upper Level Classes)

- Swim multiple lengths of the pool using different strokes
- Tread water for prolonged time
- Demonstrate comfort in all water depths

UPPER LEVEL CLASSES

HYDROSPORT

(8-15 years):

- Work with an instructor for a 60-minute class
- Swim laps using proper technique for freestyle, backstroke, and breaststroke
- Perform open turns at pool walls
- Demonstrate dolphin kick for butterfly stroke
- Tread water for prolonged time

SPRINGBOARD DIVING

(8-15 years):

- Work with an instructor for a 60-minute class
- Prioritize their own safety and the safety of their classmates
- Safely enter the water headfirst from the side of the pool
- Safely enter the water headfirst from the 1m springboard

JUNIOR LIFEGUARDS

(11-15 years):

- (offered at Lincoln Park-Moyer Pool during summer only)
- Work with an instructor and teammates to accomplish objectives in a day camp setting
- Prioritize their own safety and the safety of their classmates
- Swim laps using proper technique for freestyle and breaststroke
- Demonstrate maturity and respect for others