

## **Hampshire Hills Athletic Club Swim Lesson Descriptions**

All of Our Classes Are Part of the Red Cross Swim Lesson Program

### **Parent and Child**

Guppie and Me:

Starting as early as 6 months old children are welcomed to their first introduction to water.

During class, each child is accompanied by a parent or adult and participate in activities that teach swimming readiness and infant safety skills.

### **Preschool Fish Program**

To enter these levels participants must be between 3 - 4.9 years old.

Sunfish:

This level is to be the first water experience for a child without being accompanied by a parent or adult. No water skills needed. Focus on water safety and basic water skills.

Sailfish:

This is to be the next level water experience for a young child. To enter children should feel comfortable in the water. They also should be able to submerge nose, mouth, and eyes. As well as jump into shoulder deep water with the support of an instructor and float without support (front and back). Starting to incorporate arm and leg action.

Swordfish:

This is the last preschool program level. Participants should enter the program moving at least 3-4 body lengths independently and be able to use combined arm and leg actions on the front and back. As well as retrieve objects underwater and jump independently.

### **Learn to Swim Program**

To enter these levels participants must be 5+ years old

Level 1: (Beginner)

Very first introduction to water skills. No prior experience needed.

Level 2: (Beginner)

To enter this level participants, need to be able to enter the water independently, can swim independently for 5 yards, execute 5 or more bobs in a row, and exit independently. Fundamental aquatic skills are learned.

Level 3: (Intermediate)

To enter this level participants must be able to swim completely independently on front and back, tread water, float, and enter/exit the water independently. This level promotes basic stroke development and technique start.

Level 4/5 Combination: (Advanced)

To enter participants, need to be able to swim 12-15 yards independently front crawl and backstroke, tread for at least 1 full minute and enter/exit independently. In this level, endurance and stroke development are promoted. Stroke refinement is continued until strong stroke technique and skills are achieved. This level is done in the lap pool for the entire class period.

Unsure what level your child is?

Schedule a complimentary 15-minute skill evaluation

For questions, please contact Jasmine Bishop:

[jbishop@hampshirehills.com](mailto:jbishop@hampshirehills.com) or (603) 673-7123 ext: 204