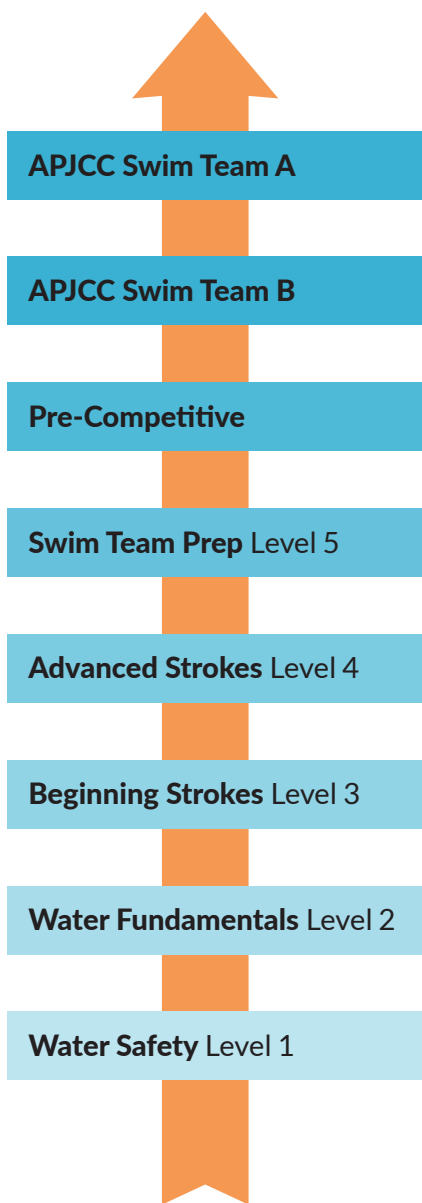


Swim Lesson Levels

JCC Los Gatos



	Level	What you need to know	What you will learn	
Team	APJCC Swim Team A	Able to complete skills below.	Development of swimming career, participation in meets.	
	APJCC Swim Team B	200 freestyle, 100 backstroke, 100 breaststroke, 50 fly, 100M.	1500-2000 yard practices. Swimmers will be prepared to join our competitive team.	
	Pre-Competitive	100 freestyle, 100 backstroke, 50 breaststroke, 25 fly flip turns, general knowledge of underwater swim.	1000-1500 yard practices. Proper competitive swimming skills.	
Learn to swim Ages 3+	Level 5 Swim Team Prep	Able to complete all skills in Level 3 & 4.	Fliturns, starts and finishes, fine tune stroke techniques, endurance, sets and drills.	
	Level 4 Adv. Strokes	Up to 4 students Able to complete all skills in Level 3.	Breastroke kicks, breastroke arms with breathing pattern, butterfly kicks, butterfly arms and stroke rhythm.	
	Level 3 Beg. Strokes	Up to 4 students Able to complete all skills in Level 2.	Freestyle side breath, freestyle breathing patterns, backstroke kicks, backstroke arms.	
	Level 2 Water Fundamentals	Up to 4 students. Ability to go underwater independently. Can swim short distances unassisted. Able to complete Safety Jumps (jump in water, back float to get air, swim back to wall unassisted).	Reinforcement of self save swimming, proper freestyle kicks and streamline body position, rollover breathing with start of freestyle arms, rollover breathing with breaststroke arms.	
	Level 1 Water Safety	Up to 3 students. Little to no experience.	Blowing bubbles, submerging head, front/back float, blast off from wall, flutter kicks, safety jumps (jump in water, back float to get air, swim back to wall unassisted).	
	Parent-Tot	Water Exploration Class	Participants will learn how to become comfortable in the water in a fun, engaging atmosphere. This class requires an adult in the water with the child. For ages 6 months to 3 years.	