

# Swim Lesson Descriptions

**Instructors will evaluate and select the appropriate swim level for each student.**

**Preschool (3-5yr):** Beginner to Advanced level: Swimmers will learn water safety, basic swim skills, and stroke development.

**Beginner & Intermediate Youth (6-12yr):** Beginner to Intermediate levels only: Structured for swimmers who may not yet be comfortable in the water or who cannot swim the full length of the Lee pool (25 yds). Swimmers will learn basic to intermediate skills that will help them to develop confidence in and around the water. The freestyle and backstroke will also be introduced.

**Advanced Youth (6- 12yr):** Advanced level only: Structured for those who already have confidence in the water and have mastered basic swimming skills. Swimmers must be able to perform Freestyle and Backstroke for the full length of the Lee pool (25 yds). Swimmers will learn to increase their endurance and master Freestyle, Backstroke, Breaststroke, and Butterfly.

**Mini Marlins (7-11yr):** Advanced level only: must be able to swim 50 yds (1 lap) of Freestyle and Backstroke. Great for advanced swimmers who may be interested in competing at the team level. Swimmers will learn and practice all of the competitive strokes, diving, rules, and turns.

**Teen (12-17yr):** Any level. Designed for swimmers ages 12-17 who either are not yet comfortable in and around the water or for those with various levels of swimming skills. Swimmers will learn basic to advanced skills (depending on ability) that will help them to increase their confidence and stroke development.

**Adult (17yr+):** Any level. Designed for adult swimmers who either are not yet comfortable in and around the water or for those with various levels of swimming skills. Swimmers will learn basic to advanced skills (depending on ability) that will help them to increase their confidence and stroke development.