

PARENT & TOT

Ages 6 mo. - 3 years

Have fun learning how to prepare your child for a lifetime of swimming.

Grown-ups will be in the water with their child playing fun games and learning proper holding techniques.

A Montana Health Code-approved swim diaper is required.



PRESCHOOL

Ages 3 & 4 years

For the independent child ready to enter the water without their adult.

Gives young children ages 3 & 4 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety, survival, and foundational swimming concepts.

This course will restrict class size to 5 participants per class.

LEVEL 1

Ages 5+

Introduction to Water Skills

Purpose: Helps participants feel comfortable in the water.

Skills we will learn:

- Blow bubbles through mouth and nose
- Open eyes underwater and retrieve submerged objects
- Front and back glides and back float
- Recover to a vertical position from a front glide & back float or glide
- Roll from front to back, and back to front
- Alternating & simultaneous leg actions on front and back.



LEVEL 2

Ages 5+

Fundamental Aquatic Skills

Purpose: Give participants success with fundamental skills.

Skills we will learn:

- Fully submerge and hold breath
- Open eyes underwater and retrieve submerged objects
- Front, jellyfish, and tuck floats
- Front and back glides and back float
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions

LEVEL 3

Ages 6+

Stroke Development

Purpose: Builds on Level 2 skills through additional guided practice in deeper waters

Skills we will learn:

- Enter water by jumping from the side
- Head first entry from the side in sitting and kneeling positions
- Rotary breathing
- Change from vertical to horizontal position on front and back
- Push off in a streamlined position then use flutter and dolphin kicks
- Front crawl and elementary backstroke
- Scissors kick
- Tread water

LEVEL 4

Ages 8+

Stroke Improvement

Purpose: Develops confidence in the skills learned and improves other aquatic skills.

Skills we will learn:

- Head first entry from the side in compact and stride positions
- Swim underwater
- Feet first surface dive
- Basics of swimming for fitness
- Develop swimming muscles

