

Portsmouth Indoor Pool

Group Swim Lesson Levels

Parent/Child 1

This class is designed for children 6 months old to 2 years old. A parent or guardian must accompany the child in the water for the ½ hour swim class. This class will focus on feeling comfortable in the water, safety, how to use holding and support techniques, proper submersion techniques, importance of play, and how to help children learn and practice skills appropriate for their ages, current developmental level and ability.

Parent/Child 2

This class is designed for children 2 years old to 4 years old. A parent or guardian must accompany the child in the water for the ½ hour swim class. This class will focus on feeling comfortable in the water, safety, how to use holding and support techniques, proper submersion techniques, importance of play, and how to help children learn and practice skills appropriate for their ages, current developmental level and ability.

Basic Preschool

This class is designed for children 3 and 4 years old. This is a beginner introduction to the water. The focus of this class is getting the child comfortable with the water, safety, and age specific skills.

Advanced Preschool

This class is designed for children 3 and 4 years old. This is the next step up from the basic preschool class. The child can fully submerge their mouth, nose and eyes for approximately 5 seconds and walk (or paddle) 10 feet unassisted in shoulder deep water.

Level 1

This class is designed for children 5 years old +. The objectives of Level 1 are to learn the basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills are taught. At this level participants begin to develop positive attitudes, good swimming habits and safe practices in and around the water. Children are not able to swim independently/without assistance in this level.

Level 2

This class is designed for children 5 years old +. Participants learn to float without support and to recover from a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back. To enter into this level the participant must be able to swim 15 feet without support/assistance.

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Level 3

This class is designed for children 5 years old +. Participants will be taught front crawl and elementary backstroke. Introduction of the dolphin kick and treading water will be incorporated. To enter this level the participant must be able to swim 15 yards of the pool with a combination of arm and leg actions on their front and back along with front and back floating and 15 seconds of treading water.

Level 4

Participants will improve their skill and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke). Participants begin to learn the back crawl, breaststroke and butterfly and the basics of turning at a wall. To enter this level the participant must be able to swim 50 yards of the pool using a combination of front crawl and elementary backstroke along with treading water for 30 seconds.

Level 5

The objectives of this level are coordination and refinement of all strokes. Flip turns on their front and back are also introduced. To enter this level participants must be able to swim front crawl 25 yards, elementary backstroke 25 yards, breaststroke, back crawl, and butterfly 15 yards, diving and 2 minutes of treading water.

Level 6

The objectives of this level are to refine strokes so participants swim them with more ease, efficiency, power and smoothness and over greater distances. To enter this level participants must be able to swim front crawl and elementary back crawl 50 yards, backstroke, breaststroke and butterfly 25 yards, front and back flip turns, diving and 5 minutes of treading water.