



KIRKLAND AQUATICS

Swim Lesson Level Guide for Parents

Preschool Classes 3-5 Years

Our preschool classes are taught without the assistance of parents as we introduce independent swimming skills. Preschool 1 and Preschool 2 are taught in our shallow water wading pool, this provides a comfortable and friendly learning environment for the beginner swimmer. Our Preschool 3 and Preschool 4 classes are moved over into the shallow end of the main pool, which offers more exploration of skills for these upper-level preschool swimmers.

Youth Classes 5-14 Years

Our youth classes are taught throughout our main pool. Youth 1 focuses on an introduction to swimming and works on gaining comfort in shallow water. Youth 2 and Youth 3 focus on gaining and retaining the skills of swimming, floating, diving, underwater swimming, and water safety in and around pools. Youth 4 is for those who can already swim. Students will work on stroke clean-up and refinement.

Preschool 1

Introductory Class for new swimmers that have had little to no experience in the water **most students take this level 3-4 times before advancing**

Preschool 2

Student is comfortable in water - Ready to Learn how to float without support, streamline & kick without support, and retrieve objects from the bottom of the pool

Preschool 3

Student is very comfortable in water and can float without support - Ready to Learn front crawl, elementary backstroke, and rhythmic breathing skills

Preschool 4

Student is swimming on their own with minimal support - Ready to Learn breaststroke kick, butterfly kick, diving, and underwater swimming

Ages 5+ Advance to Youth 2

Youth 1

Introductory Class for new swimmers that have had little to no experience in the water **most students take this level 3-4 times before advancing**

Youth 2

Student is very comfortable in water and can float without support - Ready to Learn front crawl, elementary backstroke, breaststroke kick, butterfly kick, diving, underwater swimming, and rhythmic breathing skills
****preparing to pass the deep water swim test****

Youth 4

Student can swim multiple laps without support - Ready to Learn flip turns, rotary side breathing, treading water for 1 minute - Stoke Development of freestyle, breaststroke, butterfly, and backstroke

Youth 3

Student can swim length of pool without support - Ready to Learn flip turns, rotary side breathing, treading water for 1 minute - Stoke Development of freestyle, breaststroke, butterfly, and backstroke