MUSC WELLNESS CENTER
YOUTH SWIM LESSON CLASS DESCRIPTIONS 2016

Aquatots - (12 weeks to 2 year olds)  12:1 swimmer to instructor ratio  20 minutes in length
Parent or guardian must accompany child in water. This class is designed to facilitate comfort and enjoyment of the water, both elements necessary for a child to swim. This class is great for the younger child or the fearful/shy child.

Tadpoles - (1 ½ to 3 year olds)    12:1 swimmer to instructor ratio  25 minutes in length
A parent or guardian must accompany child in water. Child must have experience submerging in order to participate in this class. This class will focus on basic swimming skills such as blowing bubbles, submerging, entering/exiting the pool, kicking and reaching while allowing a child the comfort of working with a parent. This class helps prepare your child for the Level 1 class.

Level 1 - Introduction to Water Skills 1 (2 to 3 year olds)  4:1 swimmer to instructor ratio  25 minutes in length
Children must be comfortable around water and working with an adult other than parent but do not yet swim. Children will be introduced to front and back floats, will learn to enter and exit the pool in a safe manner, will learn to play safely in the water and will explore putting their face in the water. This level is highly recommended for children who may be apprehensive of the water. Parents do not get in the water with their child.

Level 2 – Fundamental Aquatic Skills (3 to 6 year olds)  4:1 swimmer to instructor ratio  25 minutes in length
This level is designed to teach children basic elements of swimming such as kicking, reaching and floating. Children will submerge their head under water while being introduced to the building blocks necessary for swimming. Combining arm and leg action and taking multiple breaths while swimming will be the major focus.

Level 3 – Stroke Development (4 to 6 year olds)  4:1 swimmer to instructor ratio  25 minutes in length
This level is for swimmers who have mastered the skills taught in Level 2, and they will be introduced to new skills such as rotary breathing and backstroke. Swimmers will learn skills such as streamlining and treading water.

Level 4 – Stroke Improvement (6 to 8 year olds)  5:1 swimmer to instructor ratio  25 minutes in length
Children who can swim over 40 feet (half of pool) on both front & back and are ready to put basic strokes together. Breaststroke and butterfly stroke will be introduced in this class level.

Youth Stroke Clinic - (6 to 10 year olds)  6:1 swimmer to instructor ratio  50 minutes in length
This class is designed for swimmers who want to improve their stamina and endurance in the water. The Youth Stroke Clinic will focus on stroke technique for all four strokes. Swimmers will learn to apply flip turns to lap swimming. Level 4 is highly recommended before participating in the Youth Stroke Clinic.

Swim Club – (6 to 14 year olds)  Minnows 50 minutes/Juniors and Seniors 90 minutes in length
Swim Club participants should already be able to swim 25 yards on their front and on their back and have knowledge of all strokes. The emphasis will be on stroke mechanics and endurance training. Separate registration form required. Sessions are seasonal. Contact the swim coach, Kathleen Wilson, for more information at aquaharp@bellsouth.net.

Please note: Class placement is based primarily on ability level and not age. We provide a 20-minute private consultation lesson for $20 with our swim lesson coordinator in order for us to make an accurate recommendation for swim class level. Please contact our swim lesson coordinator at kids@musc.edu to make an appointment.

PRIVATE SWIM LESSONS ARE AVAILABLE FOR ALL LEVELS AND AGES INCLUDING ADULTS. Please complete a Swim Lesson Registration Form, Private Swim Lesson Request Form & Policy Sheet. Private and Semi-Private (2 participants) Lessons are 25 minutes in length per lesson. Register at any time. Private lesson packages expire 3 months from purchase.

Contact us to set up private lessons at kids@musc.edu or visit our website at www.musc.edu/hsc