

Johns Creek Class Level Descriptions

Infant & Toddler Class

Inf/Tot:[6 months- 3yrs] Parent and child participate in basic water adjustment and beginning skill activities.

Preschool Classes

PS1: [3yrs-5yrs] Introduction to swimming for non-swimmers who are hesitant in the water and need gentle instruction. *Max size:4*

PS2: [3yrs-5yrs] For children who are comfortable and confident with holding their face in the water at least 5 seconds and are ready to learn swimming without flotation devices. *Max size:4*

PS3: [3yrs-5yrs] For children who are able to swim at least 5 feet by themselves and are ready for beginner's front crawl and an introduction to backstroke. *Max size:5*

PS4: [3yrs- 6yrs] For children who swim at least 25 feet independently and are ready for advanced technique instruction in rotary breathing and backstroke. *Max size:6*

PS5: [3yrs- 6yrs] For children who swim 25 yards of freestyle and backstroke and are ready to focus on endurance with an introduction to butterfly, breaststroke, and diving. *Max size:6*

Gradeschool Classes

GS1: [6yrs-12yrs] Introduction to swimming for non-swimmers who are mature and ready to swim as well as children who swim less than 20 feet with their face in the water. *Max size:5*

GS2: [6yrs-12yrs] For children who can swim at least 20 feet by themselves and are ready for advanced techniques in freestyle and backstroke. *Max size:6*

GS3: [6yrs-12yrs] For children who can swim freestyle with rotary breathing and backstroke for 25 yards and are ready to focus on endurance building techniques and diving. *Max size:6*

Pre-Competitive Classes

PC: [6yrs-12yrs] Teaches butterfly and breaststroke to those who are already competent in freestyle and backstroke. *Max size:6*

SC: [6yrs-12yrs] Focuses on competitive swimming techniques for swimmers who are able to complete 25 yards of all 4 competitive strokes. *Max size:10*

Adult Classes

YA: [13yrs-18yrs] For young adults who can swim 15 feet independently and desire to learn better stroke techniques. *Max size:6*

AB: [16yrs and up] For the adult who wishes to learn the basics of swimming while focusing on proper breathing techniques and backstroke. *Max size:6*

ASC: [16yrs and up] For the adult that can swim 45 feet of freestyle and backstroke independently and desires to focus on endurance while also learning butterfly and breaststroke. *Max size:6*

