

Roswell Class Level Descriptions

INFANT & TODDLER CLASSES: 6 MONTHS – 3 YEARS

(Inf/Tot) Infant–Toddler (6 students)

Parent and child participate in basic water adjustment and beginning skill activities.

PRESCHOOL CLASSES: Ages 3 Years – 5 Years

(PS1) Preschool #1 (Bridges Infant/Toddler to Preschool Levels) (4 students)

Introduction to swimming for non–swimmers, who are hesitant in the water and need gentle instruction.

(PS2) Preschool #2 (4 students)

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 floatation.

(PS3) Preschool #3 (

For children who swim at least 5 feet by themselves and are ready for beginner’s front crawl and an introduction to backstroke.

(PS4) Preschool #4

For children who swim at least 25 feet independently and are ready for advanced technique instruction in rotary breathing and backstroke.

GRADESCHOOL CLASSES: Ages 6 Years – 12 Years

(GS1) Grade School #1

Introduction to swimming for non–swimmers, who are hesitant in the water and need gentle instruction.

(GS2) Grade School #2

For children who swim at least 5 feet by themselves with their face in the water; also teaches modifies stroke with face in the water and backstroke.

(GS3) Grade School #3

For children who can swim at least 20 feet by themselves and are ready for advanced techniques in freestyle and backstroke.

(GS4) Grade School #4

For children who can swim freestyle with rotary breathing and backstroke for 45 feet; and are ready to focus on endurance building techniques and diving.

PRE-COMPETATIVE CLASSES: Ages 6 Years – 12 Years

(PC1) Pre-Competitive #1

Teaches butterfly and breaststroke to those who are already competent in freestyle and backstroke.

(PC2) Pre-Competitive #2

For those who have learned all four (4) competitive techniques. Bridges swim lessons to swim team.

ADULT CLASSES: 13 Years & UP

(ADULT) Adult Beginner

For the adult who wishes to learn the basics of swimming while focusing on proper breathing techniques and backstroke.

(ASC) Adult Stroke Clinic

For the adult who can swim freestyle and backstroke a minimum of 25 yards and are ready to focus on building endurance and strength.

Butterfly and Breaststroke will be introduced.

PRIVATE LESSONS

SwimAtlanta Roswell Private Lesson Information:

One {1} 30 minute private lesson = \$45.00

Four {4} 30 minute private lessons = \$160.00

Private lessons are scheduled with a SwimAtlanta Roswell Instructor.