



# Swim School Class Descriptions



## (Inf/Tot) Infant-Toddler 6 Months – 3 Years

Parent and child participate in water adjustment, safety, and basic skill activities.



### PRESCHOOL CLASSES

#### (PS1) Preschool #1 • 3 Years – 5 Years

Bridges Inf/Tot to Preschool levels, Introduction to swimming for non-swimmers, with emphasis on basic motor skills, face in the water, blowing bubbles, holding breath, going underwater and jumping in the water.



#### (PS2) Preschool #2 • 3 Years – 5 Years

For children who are comfortable, confident and already going underwater and holding their breath under the water. This class will focus on teaching unassisted swimming.

#### (PS3) Preschool #3 • 3 Years – 5 Years

For children who swim 5 feet unassisted with their face in the water. This class will focus on, 'beginner's front crawl, arm recovery, independent breathing and an introduction to backstroke.



#### (PS4) Preschool #4 • 3 Years – 5 Years

For children who swim at least 20 feet by themselves and are ready for advanced technique instruction in rotary breathing and backstroke.

### GRADESCHOOL CLASSES



#### (GS1) Grade School #1 • 6 Years and Up

Introduction to swimming for non-swimmers or those who swim less than 20 feet with their face in the water. GS1 teaches a modified stroke with face in the water.

#### (GS2 (SP)) Grade School #2 Small Pool • 6 Years and Up

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

#### (GS3) Grade School #2 • 6 Years and Up

For those who can swim in freestyle and backstroke 25 yards, and are ready to focus on endurance building techniques and diving. GS3 is the first class that the instructor-teaches from the pool deck.

#### (PC) Pre-Competitive • 6 Years and Up



### Adult Classes

#### (AB) Adult Beginner 13 Years and Up.

For the adult who wishes to learn or improve on the basics of swimming.

#### (AI) Adult intermediate

For the adult who can swim freestyle and backstroke and is ready to increase technique and distance.



## SWIM ATLANTA

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