



OPREC Swim Lessons

What level is my child?



Parent / Child Lessons* (age 6 months—4 years)

This level is an introduction to a water environment for children.

We use songs, games, and the interactions between parent and child to foster a positive experience in the water.

Each child must be accompanied by an adult in the water.

***Children who are not fully potty trained must wear a swim diaper.**

Bubble Belt

Student must be comfortable in the water without a parent when wearing a flotation device and is able to follow directions reasonably well.

Students will be in the water without mom or dad accompanied by their instructor. Lessons focus on breath control, building comfort level and endurance, alternating arm and leg movement, as well as correct body position in the water and basic pool safety rules. ***Each child will wear a bubble belt on their back provided by OPREC that allows them to learn to use their lungs for natural buoyancy.***

Level 1

Students must be willing to get in the water without a parent and without a flotation device attached to their body.

At this level, we will be using flotation aides (ie. pool noodles) to continue to build confidence and endurance while focusing on the fundamentals of swimming such as proper body position, breath control, alternating arm and leg movements, underwater exploration, and pool safety.

Level 2

Students must be able to tread water for at least 5 seconds, put their face in the water, be comfortable floating on their stomachs and willing to try floating on their backs.

At this level we start by using flotation aides with the goal of working toward being able to swim the width of a pool without support. We introduce components of the breast stroke, back stroke, and front crawl, preparing them for Level 3 which will focus more on stroke development.

Level 3

Students must be able to swim the width of a pool without stopping or touching the bottom, be comfortable floating on their backs without assistance, follow complex directions, and tread water for about a minute.

Level three focuses on stroke fundamentals for front crawl, elementary backstroke, backstroke, breast stroke, and sidestroke. We work on diving basics and continue pool safety and swimming survival skills.

Level 4

Students must be able to demonstrate (doesn't have to be perfect) all the strokes, and be comfortable diving and swimming in the deep end.

At this level swimmers focus on stroke finesse. We fine tune each of the strokes to make your swimmer more proficient and confident with each stroke. We introduce the butterfly as well as starts and turns. We continue to work on diving and water safety.

Level 5/6

Students must be able to swim the length of the pool with each stroke without stopping.

In this level we continue to work on endurance, refine the strokes, including the butterfly, flip turns and diving.



**Parents and guardians are required to stay during class, in the spectator area.
Children who are not potty trained must wear a swim diaper.**