








| FREDDIE SHORE SWIM SCHOOL LEVEL | AGE REQUIRED TO REGISTER | IN THIS LEVEL |
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|  | 6-12 Months | <p>The Freddie Shore Swim School's Parent and Tot program structures in-water interaction between parent and child to stress the importance of play in developing water-positive attitudes and skills. Activities and progressions are based on child development, so parents register in the level appropriate for their child's age. By the end of the parent and tot program, swimmers will develop comfort and confidence transitioning from swimming with the caregiver to swimming with the instructor</p> |
|  | 12-24 Months | |
|  | 2-3 Years | |
|  | 3-6 Years | <p>This is the first level without a caregiver in the water. Swimmers will develop comfort and confidence in the water and are introduced to basic swimming concepts like submersion, floats, glides, and kicking. By the end of the level, swimmers will be able to perform these skills assisted by an instructor</p> |
|  | | <p>Swimmers build on previously assisted skills and transition to performing these skills independently. By the end of this level, swimmers will be able to float on their front and their back independently for 3 seconds and glide for 3 meters</p> |
|  | | <p>Swimmers will continue to build comfort and confidence in their floats, glides, and kicks by increasing the distance and time they perform these skills. They also learn how to roll from their front to their back, and are introduced to water safety messaging. By the end of the level, they will be able to perform a basic Front Swim</p> |
|  | | <p>Swimmers begin to work on deep end specific skills such as treading water, and jumping into deep water and returning to the wall and exiting. They also begin to learn how to take breaths while swimming on their front. By the end of the level, swimmers will be able to swim Front Crawl 7m unassisted.</p> |
|  | | <p>In this level, swimmers build their front crawl by incorporating a side glide into the stroke. They continue building their strength and endurance and are introduced to basic back crawl. The level includes water safety education and deep end swimming techniques. They will be able to jump into deep water and tread for 10 seconds independently</p> |
|  | | <p>In this level, swimmers will continue working on the technique of their front and back crawls and will be introduced to whip kick. By the end of the level, swimmers will be able to swim for 15m, tread water for 20 seconds, and will have a basic understanding of water safety messaging.</p> |

If your child turns 6 and ages out of the Preschool Program, please register them in School-Aged lessons

Preschool 1, 2, 3 = Swimmer 1 • Preschool 4,5 = Swimmer 2 • Preschool 6 = Swimmer 3