



Wellington North Swimming Lesson Descriptions

As our guards are not allowed in the water to instruct, we will require that a responsible individual age 14+ be in the water with any child registered in level Swimmer 3 or under. Your child's instructor may recommend a change in level if they feel your child is not registered in an appropriate level.

Parent & Tot	
Parent & Tot 1* (4 – 12 months)	With a caregiver the child will explore the water through buoyancy, movement skills, introduction to PFD's and entries. Learn how to help your child play in water with comfort and confidence.
Parent & Tot 2* (12 – 24 months)	With a caregiver the child will perform assisted front and back floats, learn how to travel at the surface by kicking, and introduction to entries with a PFD. This level teaches children to get their face wet and blow bubbles.
Parent & Tot 3* (24 – 36 months)	With a caregiver the child will have fun jumping into the water with assistance. They learn how to hold their breath and open their eyes under water. Kicking on front and back provide the building blocks for orientation and stroke development
Preschool	
Preschool A* (3 – 5 years)	Preschoolers develop a foundation of water skills with the instructors. Swimmers jump into chest-deep water assisted. Floating on front and back, and back glides with assistance for 3 seconds. Shallow water movement wearing a PFD. Fitness swim 1-2m assisted. Individual aged 14+ to accompany child in the water.
Preschool B* (3 – 5 years)	Preschoolers jump into chest-deep water and get in and get out wearing a PFD. They submerge and exhale under water. They glide on front and back 3m and with a buoyant aid will flutter kick on back 5m. Fitness swim 2-4m unassisted. Individual aged 14+ to accompany child in the water.
Preschool C* (3 – 5 years)	Preschoolers try both a jump and a side roll into deep water while wearing a PFD. They recover objects from the bottom in waist-deep water. They work on kicking and gliding through the water on front and back unassisted. Fitness swim 5-7m unassisted. Individual aged 14+ to accompany child in the water.

Swimmer 1 - 10	
Beginner* (6 – 8 years)	This is an introductory class for children ages 6 to 8 with little or no experience in the water. Participants will learn head and face submersion, front/back and side swim (assisted). The swim instructor works to ensure that the participants become comfortable in the water and have fun developing a basic foundation of water skills. Individual aged 14+ to accompany child in the water.
Swimmer 1* (6 years+)	Beginners become comfortable jumping into water with and without a PFD. They open their eyes, exhale and hold their breath underwater. They work on floats, glides and kicking on front and back. Individual aged 14+ to accompany child in the water.
Swimmer 2* (6 years+)	Advance beginners jump into deeper water and become comfortable falling sideways into the water wearing a PFD. Swimmers support themselves at the surface without an aid, recover an object in chest-deep water. Fitness swim in 10-15m. Individual aged 14+ to accompany child in the water.
Swimmer 3* (6 years+)	Swimmers develop front and back crawl strokes, and explore whip kick in a vertical position. Swimmers tread water for up to 30 seconds and learn to transition from front to back flutter kick. Fitness swim in 20-15m. Individual aged 14+ to accompany child in the water.
Swimmer 4 (6 years+)	Swimmer work towards stride dives and standing dives into deep water. They improve the front crawl, backcrawl and whip kick. Swimmers are introduced to a 3m underwater swim. Fitness swim is 50m.
Swimmer 5 (6 years+)	Junior swimmers shallow dive into deep water and perform in-water back somersaults. They achieve the Canadian Swim to Survive Standard: roll into deep water, tread 1 minute and swim 50m. Swimmers continue to develop front and back crawl while breaststroke skills are introduced. Fitness swim is 100m
Swimmer 6 (6 years+)	Intermediate swimmers increase efficiency in front crawl, back crawl, and work to develop breaststroke skills. They are introduced to stride entries, scissor kick and vertical dolphin kick. They also develop strength and power by performing front and back crawl sprints. Fitness swim is 150m
Swimmer 7 (6 years+)	Intermediate swimmers master dolphin kick, diving and eggbeater. They are introduced to sculling and continue to maximize efficiency in front crawl, back crawl and breaststroke. Fitness Swim is 300m
Swimmer 8 (8 years+)	Swimmers rise to the challenge of advanced aquatic skills including head and foot first surface dives and a 25m obstacle swim. First aid focuses on assessment of conscious victims, contacting EMS and treatment for bleeding. They swim lengths of front crawl, back crawl and breaststroke. Fitness swim is 350m
Swimmer 9 (8 years+)	Swimmers continue stroke development with 75m swims of front crawl, back crawl and breaststroke. Lifesaving skills include a rescue with a buoyant aid and a times object support. First aid focuses on assessment of unconscious victims, treatment of victims in shock and obstructed airway procedures. Fitness swim is 500m.
Swimmer 10 (8 years+)	Advanced swimmers develop each stroke over 100m. They also learn lifesaving skills such as entries with aids and removal of unconscious victims. First aid focuses on treatment of victim with bone and joint injuries and respiratory emergencies. Swimming drills develop a strong lifesaving foundation. Fitness swim is 600m.