



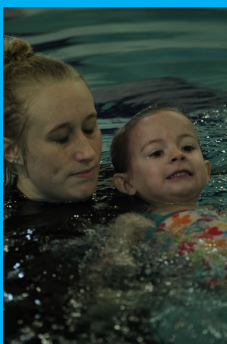
Enumclaw Aquatic Center

Swim Lesson Levels

For more information regarding levels or registration, please call us at 360-825-1188.

Preschool Levels (Ages 3-6 years)

Youth Levels (Ages 6 and older)



Polliwogs: This level is for beginners, no previous experience is required. Students will work on front and back floats, stroke techniques, and work on being comfortable in the water.

Tadpoles: Students will continue to work on floating and swimming short distances on their own. They will also now be comfortable with putting their eyes in the water and floating on their back independently.

Guppies: The highest class for younger swimmers, students are now very comfortable with swimming shorter distances on their own, submerging their entire body, and floating without assistance. They will work on technique and endurance in this level.

Starfish: This level is for beginners, no previous experience is required. Students will work on floats, learning strokes, and being comfortable in the water.

Jellyfish: Students are now able to float by themselves and are comfortable with swimming with their eyes in the water. They will continue to work on stroke technique.

Seahorse: Students can now complete multiple strokes without assistance and will start working on side breathing and endurance.

Dolphin: This level moves to the deep end, where students are introduced to breaststroke and butterfly as well as continuing to work on their endurance.

Shark: Students continue to work on technique for all strokes as well as endurance.

Orca: The last of the youth levels, students are prepared for lifetime fitness and safety, competitive swimming and diving, and work to perfect their technique.



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Baby Ducks (ages 6 months-3 years)

A fun introduction to water for young children. Students will be introduced to basic skills, including water safety. This level does require parent participation.