



## Swim Level Description

**Tiggers:** This class is designed for the swimmer who is apprehensive around the water. Swimmers will gradually adapt to the water. Skills taught include: water safety, bubble blowing, total submersion under water, bobbing and bobbing with bubbles and air exchange.

**Tigger Tails:** This level is for the child who is comfortable putting their face in the water AND going all the way under the water and blowing bubbles. Skills taught include: front float, back float, front glides with streamline, back glides with streamline, front glide with kicking, and back glide with kicking.

**Tiger Paws:** This level will build on the front and back glide skills, working on body balance and confidence in the water. Skills taught include: rollovers (front-to-back and back-to-front), freestyle, backstroke, and hand lead kick-on-side.

**Tiger Cubs:** This group will further develop freestyle with bilateral-rotary breathing, backstroke and confidence in the water. Skills taught include: treading water, introduction to breaststroke and introduction to butterfly. The main emphasis is on the freestyle with rotary breathing to both sides (bilateral).

**Tiger Team Prep:** This class is for those wanting to improve endurance, learn flip turns and further develop their butterfly and breaststroke skills. This group will meet for 55 minutes instead of 30 minutes. The start time for the last class offered is always an hour before swim lessons end. Students are required to have goggles and swim fins. A swim cap is strongly recommended. Note that if the swimmer joins the team at a later date this equipment is required. Based upon demand, we will allow up to six swimmers in this class.

Goggles are recommended for all levels of swimmers.

**Final Note...**

No floatation devices are used or permitted in classes.