CAMPUS RECREATION SWIM LESSON DESCRIPTIONS

**BABY FISH:** Baby Fish is the first level of swim lesson. Parents are required to be in the water with their children at all times. The purpose of this level is to introduce and promote the child’s comfort to the water. It is important for parents to learn the skills needed to help their child with basic water skills. **Students enrolled must be at least 6 months old.**

**WHITE FISH:** This level is designed for children who are new or generally afraid of water. Children in this class have trouble putting their faces in the water, floating, and blowing bubbles. The purpose of this class is to help children understand basic water safety skills. Swimmers will work on learning water skills with the support of the teacher and eventually work on swimming short distances without support. **Students enrolled must be at least three years old.**

**RED FISH:** Students enrolled in this class should not be afraid of the water. The students should be comfortable in water above their heads, and should be able to swim short distances by themselves. Students begin learning strokes, breathing techniques, swimming comfortably on their back, and performing skills independently. They will work with instructors to perfect strokes and breathing.

**BLUE FISH:** This class is for more advanced swimmers. Children should have no fear of the water and willing to participate in all water activities. Swimmers should be able to swim freestyle for 25 yards with no assistance. Instructors will teach new swimming skills, such as butterfly and breaststroke. Students should be able to perform all basic swimming skills proficiently before progressing.

**REBEL FISH:** This class is for students who have nearly perfected all the strokes taught in previous lessons and are ready to advance to a swimming program. Instructors will teach diving, fitness swimming and competitive swimming techniques.

**ADULT:** Adult classes are generally for adult swimmers who struggle with comfort and safety in the water.