



**Winters Swim Lessons  
Levels  
Summer 2023**

**We will be offering a variety of classes for all levels and ages this summer at the Bobbie Greenwood Community Swim Center in Winters.**

**Parent-Tot**

**Ages 3 and younger**

Swimmers are ages 3 and younger and are in the water with an adult. An instructor will lead the swim activities and instruction.

Blow bubbles assisted  
Put face in the water assisted  
Front float assisted  
Back float assisted  
Front streamline kick assisted  
Kick with board assisted  
Jump in assisted

**Level 1**

**Ages 3 and older**

Blow bubbles  
Put face in the water  
Submerge head  
Front float assisted  
Back float assisted  
Front streamline kick assisted  
Back streamline kick assisted  
Kick with board assisted  
Back kick with board assisted  
Freestyle-up to 5 yards assisted  
Survival swim assisted (with life-vest)  
Jump into pool-assisted

**Level 2****Ages 3 and older**

Swimmers must be able to complete the skills in Level 1 prior to signing up for Level 2.

Front float unassisted  
Back float unassisted  
Front streamline kick for 5 yards unassisted  
Back Streamline kick for 5 yards unassisted  
Kick with board 10 yards unassisted  
Back kick with board 10 yards unassisted  
Swim freestyle 5 yards unassisted  
Survival swim 5 yards unassisted (with life vest)  
Jump in and swim 5 yards unassisted  
Backstroke swim assisted for 5 yards  
Learn how to tread water assisted

**Level 3****Ages 3 and older**

Swimmers must be able to complete the skills in Level 2 prior to signing up for Level 3.

Front streamline kick for 10 yards unassisted  
Back streamline kick for 10 yards unassisted  
Kick with board 15 yards unassisted  
Back kick with board 15 yards unassisted  
Swim freestyle 10 yards unassisted  
Survival swim 10 yards unassisted  
Tread water for 1 minute unassisted  
Backstrokes swim unassisted 10 yards  
Basic Dive

**Pre-Team****Ages 3 and older?****Adult****Ages 16 and older**

This class is designed for swimmers who are learning how to swim.

Face in water  
Front float assisted and unassisted  
Back float assisted and unassisted  
Front streamline kick (up to 25 yards) assisted and unassisted  
Kick with board (up to 25 yards)  
Swim freestyle assisted and unassisted

