Swim Lesson Descriptions

The Town of Buckeye offers a variety of swim lessons at different levels to fit different participant needs. Below is a list of skills that will help you to choose the best lesson for you or your child.

Parent & Child Classes: *Children 6 months to 3 years old*

Parent Child: ***6 months to 2 years***
1 parent for every 1 child must be in water.
The purpose of this class is to familiarize young children to the water and prepare them to learn to swim in future classes. This level is not designed to teach children to survive in the water on their own.

Preschool Prep: ***2 to 3 years***
1 parent for every 1 child must be in water.
This class is designed for toddlers who are not quite ready to be away from their parent. Class will teach swim readiness skills and prepare them for preschool level 1. This level is not designed to teach children to survive in the water on their own but will give them skills to move toward independence.

Preschool Aquatics Levels: *Children 3 to 5 years of age*

Preschool Level 1:
Your child is ready for this course if he/she is able to:
- Be comfortable in the water without a parent
- Listen and follow simple instructions

Preschool Level 2:
Your child is ready for this course if he/she is able to:
- Enter the water independently and jump off the side wall to the instructor.
- Back float for 3 seconds with assistance.
- Submerge face and blow bubbles for at least 3 seconds.
- Retrieve submerged items in shallow water.

Preschool Level 3: class is conducted in deep water
Your child is ready for this course if he/she is able to:
- Be comfortable in deep water, where he/she can not touch.
- Back float for 3 seconds without assistance.
- Push off the wall and front streamline kick to the instructor for 5 yards.

Level Courses: Children 5 to 12 years of age

Level 1: Children will be expected to put face into water each day
Your child is ready for this course if he/she is:

- Comfortable in the water.
- Able to listen and follow simple instructions.

Level 2:
Your child is ready for this course if he/she is able to:

- Enter the water independently and jump off the side wall into shoulder deep water.
- Back float for 3 seconds.
- Front streamline kicking off the wall for 5 yards to the instructor.

Level 3: Lesson will be taught in deep water
Your child is ready for this course if he/she is able to:

- Front float for 3 seconds and then roll over into a back float without assistance for 3 seconds.
- Swim 10 yards backstroke.
- Swim 10 yards freestyle.

Level 4: Lesson will be taught in deep water
Your child is ready for this course if he/she is able to:

- Jump into deep water from the side wall, recover and swim back to edge of the pool.
- Maintain position by floating for 30 seconds.
- Swim freestyle for 25 yards (length of pool).
- Swim backstroke for 25 yards (length of pool).
- Swim 10 yards breaststroke kick.

Swim Team Prep: Children 8 to 17 years old
This class is designed to teach participants how to further coordinate and refine proper competitive swim strokes and to learn to swim with a team. Strokes will include freestyle, backstroke, breaststroke and butterfly. Participants will also learn proper turns for each stroke.

Introduction to Swim: 12 years +
This class is a true introduction to swimming. This class will focus on submersions, streamlines and proper arm and leg movement while building confidence and comfort in the water.

Fitness Swim: Ages 12 years +
This strength and conditioning class will help you develop your stroke techniques and endurance. Participants should be comfortable swimming 100 yards with ease.

Private Lessons: $15 per 30 minute class
Private lessons at all levels are available at the above listed times. Contact Jessica Thompson to inquire about availability at 623-349-6613 or jthompson@buckeyeaz.gov.