

Course and Suggested Ages	Learn to Swim Core Content
<p>Aquatot 1 (6-24 months)</p>	<p>Water comfortability for infant and parent, water exploration, blowing bubbles, floating on front and back (supported). <i>Parent/guardian must be in water.</i></p> <p>(Palisade Aquatot 1 classes combine Aquatot 1 and 1.5 and is for ages 6-36 months)</p>
<p>Aquatot 1.5 (6-24 months)</p>	<p>Toddler independence in water, floating on front and back (supported), introduction to kicks, arm movement, and bobbing to safety.</p> <p><i>Parent/guardian must be in water.</i></p>
<p>Aquatot 2 (3-6 Years)</p>	<p>Independent water exploration, assisted floating on front and back, bobbing to safety, glides, and arm and leg movement.</p> <p>(Palisade Aquatot 2 classes combine Aquatot 2 and 3 for ages 3-6 years)</p>
<p>Aquatot 3 (3-6 Years)</p>	<p>Independent locomotion through the water, unassisted floating on front and back, bobbing to safety, introduction to front crawl and elementary backstroke.</p>
<p>Water Acclimation (6-12 years)</p>	<p>Water comfortability and independent locomotion through the water, unassisted floating on front and back, bobbing to safety, treading water, arm and leg movement for front/back crawl, and elementary backstroke.</p> <p><i>Remedial class for older inexperienced swimmers.</i></p>
<p>Waterworks 1 (6-12 years)</p>	<p>Water safety, treading water, elementary backstroke, front and back crawl progression.</p>
<p>Waterworks 2 (6-12 years)</p>	<p>Rotary breathing for front crawl, side stroke, introduction to breaststroke and sidestroke skills, deep-water skills.</p>
<p>Waterworks 3 (6-12 years)</p>	<p>Stroke technique refinement for front and back crawl, breaststroke, and sidestroke, endurance and distance swimming, introduction to butterfly, diving and deep-water skills.</p> <p>(Palisade Waterworks 3 classes combine Waterworks 3 and waterworks 4 for ages 6-12 years)</p>
<p>Waterworks 4 (6-12 years)</p>	<p>Stroke refinement for front and back crawl, breaststroke, sidestroke, and butterfly, endurance for distance swimming and treading water, introduction to competitive turns.</p>
<p>Hydrosport (8-15)</p>	<p>Pre-competitive stroke refinement, distance swimming, introduction to springboard diving and junior lifeguard skills.</p>