**SUMMER 2022 SWIM LESSONS**

**LEARN TO SWIM LEVELS AND DESCRIPTIONS**

**Parent & Child Lessons (Ages 6 Months – 3 Years / Ratio 1:10)**

- **Parent & Child** ORients children to the water and prepares them for Preschool lessons.

**Preschool Lessons (Ages 3 - 5 Years / Ratio 1:5)**

- **Preschool Level 1** ORients children to a pool environment and teaches them the basic skills.
- **Preschool Level 2** Builds upon skills learned in Level 1 to gain more comfort and independence.
- **Preschool Level 3** Helps children start to gain basic swimming propulsive skills.

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**School Age Lessons (Ages 6 – 12 years / Ratio 1:6)**

- **Level 1: Introduction to Water Skills** Children will learn how to feel comfortable in the water and safely enjoy it.
- **Level 2: Fundamentals of Aquatic Skills** Children will learn basic swimming skills.
- **Level 3: Stroke Development** Additional guided practice will help students improve their skills.
- **Level 4: Stroke Improvement** Children will gain confidence, improve stroke and gain additional aquatic skills.
- **Level 5: Stroke Refinement** Children will refine strokes and become more efficient swimmers.
- **Level 6: Swimming and Skill Proficiency** Children will learn ease, efficiency, and how to swim smoothly for endurance.

**Adults Lessons (Ages 12+ / Ratio 1:8)**

- **Adult: Fundamentals** Adults will learn basic swimming strokes and skills needed for safety.
- **Adult: Fitness** Adults will learn to refine their basic strokes and turns to build endurance.

**GROUP SWIM LESSON PRICING INFORMATION**

<table>
<thead>
<tr>
<th>UT Member (Student/Employee)</th>
<th>Guest</th>
<th>Parking Pass (Good for 1 month)</th>
</tr>
</thead>
<tbody>
<tr>
<td>$25.00</td>
<td>$35.00</td>
<td>$40.00</td>
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For more information (such as times, locations, and to help decide which class is best for you and your child) visit [https://recsports.utk.edu/aquatics/swim-lessons/](https://recsports.utk.edu/aquatics/swim-lessons/) or call 865-974-5167.