



KITSAP
TENNIS
& ATHLETIC
CENTER

Morning | August 2022
Swimming Lessons

August 1-11

Member: \$54 | Non-Member: \$64

Two Weeks | MTWTh | 8 Lessons

Registration Required

<p>Preschool 1 Ages 3-5 Max of 5 students</p> <ul style="list-style-type: none">• 9:30-10am• 10-10:30am• 10:30-11am	<p>Level 1 Ages 6-12 Max of 6 students</p> <ul style="list-style-type: none">• 9:30-10am• 10:30-11am
<p>Preschool 2 Ages 3-5 Max of 5 students</p> <ul style="list-style-type: none">• 11-11:30am	<p>Level 2 Ages 6-12 Max of 6 students</p> <ul style="list-style-type: none">• 10-10:30am
	<p>Level 3 Ages 6-12 Max of 6 students</p> <ul style="list-style-type: none">• 11-11:30am

Register at KTAC or call 360-692-8075.



SWIM PREREQUISITES

Preschool | 3-5 years

Preschool 1 — No prerequisite, no experience needed

Preschool 2 — Should be able to submerge, putting face in the water and progress 6 feet on the front and back by themselves. Must be able to float.

Preschool 3 — Should be able to swim on front and back at least 10 feet by themselves

Child | 6 years & Up

Level 1 — No Prerequisite, no experience needed.

Level 2 — Should be able to submerge fully and swim on both front and back 15 feet without assistance

Level 3 — Should be able to swim 25 yards (from one end of pool to other), crawl stroke, back stroke, and tread water for 30 seconds

Level 4 — Swimmer should be able to swim 50 yards (down and back) proficiently in crawl stroke, backstroke, sidestroke and elementary backstroke.

Level 5 — Swimmer should be proficient in crawl stroke, backstroke, sidestroke, elementary backstroke, breaststroke, and butterfly up to 100 yards (down & back 2 times)

Level 6 — Complete Level 5 swimming capabilities. Level 6 is the final level before “Pre-Team” levels, swimmers finalize the development of their core swimming skills. In the Level 6 class, swimmers become proficient at all four competitive strokes – freestyle, backstroke, breaststroke, and butterfly as well as sidestroke and elementary backstroke. Additionally, swimmers learn to become comfortable with deck dives.

Parent Child — Accompanied by a parent/adult infants and toddlers 6-36 months learn to be comfortable in the water and develop swim readiness skills through fun and confidence building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.