



NOB HILL SWIM CLUB

Rolling Acres Improvement Association (RAIA)
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www.nobhillswimclub.com

What is the right level for your child?

It can be a difficult decision to decide what level of swim instruction is right for your child. The following is a brief summary, describing each level that we have to offer at Nob Hill Swim Club. Along with the skills listed below, all classes/children are taught water safety skills that are appropriate for each age level. If you have any questions as to your child's placement, contact the pool once the season begins.

Tiny Tots

- Typically ages 2-4 Children have had little or no water experience prior to this class. The class focuses on water adjustment skills to get the child equipped for a positive water experience.

Beginner

- Typically ages 4-7 Child has had minimal water experience. This class continues to enhance water adjustment skills while introducing basic swimming techniques.

Advanced Beginner

- Typically ages 7-9 Child has had prior swimming lessons, with exposure to water deeper than the height of the child. This class improves the child's "Freestyle Swim" and "Elementary Backstroke", and strengthens the child's endurance for deep water.

Intermediate

- Typically ages 9-11 Child has adequately mastered the "Freestyle Swim" and the "Elementary Backstroke". Child is able to swim the length of the pool. This class improves "Freestyle" and "Elementary Backstroke," introduces the "Breast-stroke" and "Sidestroke," and increases the child's endurance level.

Swimmer

- Typically ages 11-15 Child has mastered the four strokes instructed in the Intermediate level, and can maintain a high endurance level. This class is equivalent to Swim Team level in that skills are reviewed and improved while advanced techniques are added.