



JES Class Descriptions

Parent + Preschool: Ages 2-4 years with a parent:

The objective of our Preschool + Parent swim class is to help students feel comfortable in the water while the mom or dad is at their side. Students will learn elementary water skills that they can build on as they progress through the various swim levels. We introduce the WaterSmart Rules that are encouraged by Sophie the Safety Seal — our very own mascot for the Jeff Ellis Swimming Program.

Preschool: Ages 3-5 years:

The purpose of this class is to help students feel comfortable in the water without the presence of the parent. Students continue to learn elementary water skills and safety tips that will stay with them throughout all swim lesson levels. Sophie the Safety Seal's WaterSmart rules are enforced for increased water safety.

Beginner: Ages 5-11 years:

The Beginner class builds on elementary water skills previously learned and teaches students the skills needed to complete a 25-yard swim for each of the following: elementary backstroke, front crawl, and backstroke. All elementary water skills are reinforced so that they become second nature to the students. All water safety rules are discussed as well.

Advanced Beginner: Ages 6-12 years:

The Advanced Beginner class teaches children how to master strokes development and requires them to complete 50-yard swims of elementary backstroke and basic backstroke. Students are also asked to complete a 25-yard swim of breaststroke and front crawl with rhythmic breathing. We introduce scissor kick and sidestroke at this swim level too.



Intermediate: Ages 6-13 years:

The Intermediate class strengthens students' coordination of keystrokes. They are asked to complete 50 yards of front crawl with rhythmically breathing, 75 yards of backstroke, 50 yards of breaststroke, 50 yards of sidestroke, 75 yards of elementary backstroke, and 25 yards of butterfly. We introduce the sidestroke, butterfly and the act of treading water at this level.

Advanced: Ages 6-14 years:

The Advanced class polishes strokes so students swim with more ease, power and smoothness over greater distances. At this level, swimmers should be able to complete 100 yards of front crawl with rhythmical breathing, 100 yards of backstroke, 100 yards of breaststroke, 100 yards of sidestroke, 100 yards of elementary backstroke, 50 yards of butterfly, and three minutes of treading water.