

Berkshire South Swim Lesson Selector

1. How old is your child?

2. Can your child swim unsupported by an adult?

The best class choice for you!

6 mos—3 years

NO

Swim With Me Tots

For our littlest swimmers! Caregivers and swimmers will be in the water together, guided by their instructor in an introduction to water safety and comfort through song, movement and water exploration.

3—5 years

NO

Learn to Swim Lessons—Preschool Beginner

Little swimmers ages 3-5 who are not yet swimming on their own without support. Parents will watch from the pool deck.

YES

Learn to Swim Lessons—Preschool Intermediate

Little swimmers ages 3-5 who are comfortable in the water and can do some swimming on their own without support. Swimmers should be comfortable fully submerging in the water and proficient at floating independently on front and back. Parents will watch from the pool deck.

6 years +

NO

Learn to Swim Lessons—Youth Beginner Level 1

Beginner class for swimmers age 6 and up with no prerequisites. This class is for those who cannot yet submerge, float or independently move in the water.

YES

Learn to Swim Lessons—Youth Intermediate Level 2

For swimmers age 6 and older who are confidently swimming on their own. This will teach the basics of front and back crawl and explore deep water swimming.

Learn to Swim Lessons—Youth Advanced Level 3/4

Swimmers in this class should have basic front and back crawl techniques for one pool length and be comfortable swimming in deep water.



BERKSHIRE SOUTH
REGIONAL COMMUNITY CENTER