

# Our Swim Lesson Pathway



## Parent Aquatics

**Ages: Infants & Toddlers with Parent**

Our Parent Aquatics program introduces young children to the water in a **safe, fun, and supportive environment** with a parent in the water.

Children learn to:

- Become comfortable and confident in the water
- Practice floating and breath control
- Develop early water safety skills
- Build positive associations with the water

Parents learn techniques to support their child's **comfort, safety, and early skill development**.

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## Introduction to Water

**First independent water experience**

This class helps young swimmers begin developing **independence and trust in the water**.

Swimmers learn to:

- Enter and exit the pool safely
- Submerge and control breathing
- Float on front and back
- Move short distances with support

Our goal is to create **confidence and comfort in the aquatic environment**.

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## Level 1 Lessons

**Foundation of swimming skills**

Level 1 swimmers begin learning the **core fundamentals of swimming**.

Skills include:

- Independent floating
- Kicking and body position
- Beginning freestyle movements
- Breath control and underwater comfort
- Water safety skills

This level focuses on building **confidence and basic swimming independence**.

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## Level 2 Lessons

### Developing real swimming ability

Level 2 swimmers begin refining technique and developing **true swimming skills**.

Swimmers work on:

- Freestyle technique
- Backstroke fundamentals
- Streamline and body position
- Swimming longer distances
- Greater independence and endurance

This level begins building the **technical foundation needed for advanced swimming and future swim team participation**.

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## Why Families Choose Quicksilver Santa Cruz

- Proven progression-based swim curriculum
  - Emphasis on water safety and proper technique
  - Experienced coaches and positive learning environment
  - Pathway from swim lessons to competitive swimming
  - One of Santa Cruz County's leading swim programs
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# Register Today

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Or register directly here:

<https://quicksilversantacruz.captyn.com>