



# Pikes Peak Athletics Learn to Swim Program Progression to Swim Team

## Water Babies

A non-aggressive introduction to comfort and safety in the water using songs and games for swimmers under 3 with a parent.

## PLittle

Focuses on establishing comfort and safety in the water without a parent for swimmers 2-3 years old.

## Little Pikes 1

Swimmers establish comfort and independence in the water learning arm and leg movements, breath control, and water-safety habits.

## Little Pikes 2

Swimmers are introduced to the foundations of all four competitive strokes along with deep water safety and confidence.

## Little Pikes 3

Swimmers work to refine components for and piecing together of all four competitive strokes along with building endurance.

## Base Camp/ Swim Team Prep

For the learn-to-swim swimmer turned athlete. Swimmers gradually acclimate to training principles, competitive technique, lane etiquette, and basic conditioning.

## USA Swimming Club

For athletes choosing to continue their development as swimmers. PPA athletes and coaches use cutting-edge season plans and focuses on long term athlete development to assist swimmers in reaching the highest level of the sport they aspire to.

## Private Lessons

A great way to supplement swimmer's group lessons for focused instruction toward overcoming fear, accomplishing a specific swim goal, or for our swimmers with special needs.

