

Parent Tot Swimming Lessons

Skill Level: Non-Swimmer to Beginner - *Skills are done with adult support at all times.*

Ages: 6 months- 2.5 years (No Placement Test Needed)

Purpose: Familiarize children with the water and teach swimming readiness skills. Provide safety information for parents and teach techniques parents can use to orient their children to the water. This course is not designed as a drown- proofing class.

Course Objectives: Different types of water entries and exits. Holding and support techniques and water adjustment activities. Breath control and submerging. Fundamentals of floats and glides. Introduction to arm and leg action on front and back. Water safety skills and lifejacket use.

Preschool 1 Swimming Lessons

Skill Level: Non-Swimmer to Beginner - *Skills can be done with support from instructor.*

Ages: 2.5-5.5 years (No Placement Test Needed)

Purpose: Familiarize children to the aquatic environment and help them acquire rudimentary basic aquatic skills. Help participants begin to develop positive attitudes and safe practices in and around water.

Course Objectives: Water adjustment skills. Breath control and submerging. Introduction to glides and floats. Fundamentals of swimming. Basic water safety skills.

Preschool 2 Swimming Lessons

Skill Level: Beginner to Intermediate - *Skills can be done with some assistance from the instructor.*

Ages: 2.5-5.5 years (New Students Must Take a Placement Test)

Purpose: Build on and improve skills learned in Preschool Level 1. Increase their knowledge of water safety topics.

Course Objectives: Breath control and rhythmic breathing. Develop gliding and floating skills. Introduction to unassisted swimming, combined arm and leg action on front and back - 3 body lengths. Water safety skills.

Preschool 3 Swimming Lessons

Skill Level: Intermediate - *Skills must be done independently.*

Ages: 2.5-5.5 years (New Students Must Take a Placement Test)

Purpose: Increase proficiency and build on the basic aquatic skills learned in Preschool levels 1 and 2. Reinforce water safety concepts and skills introduced in earlier levels and introduce additional water safety topics.

Course Objectives: Rhythmic breathing and fully submerging for 10 sec. Further develop gliding skills and learn new floating techniques. Introduction to crawl stroke, backstroke, and elementary backstroke - 5 body lengths. Water safety skills.

Preschool 4 Swimming Lessons

Skill Level: Advance - *Skills must be done independently.*

Ages: 2.5-5.5 years (New Students Must Take a Placement Test)

Purpose: Refine and strengthen aquatic skills, increasing distance. Introduce water rescue and water safety skills.

Course Objectives: Swimming underwater – 3 lengths. Crawl stroke with side breathing, backstroke, and elementary backstroke - 15 yards. Introduction to butterfly, sidestroke, and breaststroke. Sitting and kneeling dives.

Youth 1 Swimming Lessons

Skill Level: Non-Swimmer to Beginner- *Skills can be done with assistance from instructor.*

Ages: 5.5-12 years (No Placement Test Needed)

Purpose: Orient participants to the aquatic environment and help them gain basic aquatic skills. Help participants begin to develop positive attitude and safe practices around water.

Course Objectives: Water adjustment skills. Breath control and submerging. Introduction to glides and floats. Fundamentals of swimming. Basic water safety skills.

Youth 2 Swimming Lessons

Skill Level: Beginner to Intermediate - *Skills can be done with assistance from instructor.*

Ages: 5.5-12 years (New Students Must Take a Placement Test)

Purpose: Build on the basic aquatic skills and water safety skills and concepts learned in Level 1.

Course Objectives: Side breathing 5 times and fully submerging for 10 sec. Further develop gliding skills and learn new floating techniques. Introduction to crawl stroke, backstroke, and elementary backstroke– 5 body lengths. Rescue and water safety skills.

Youth 3 Swimming Lessons

Skill Level: Intermediate - *Skills must be done independently.*

Ages: 5.5-12 years (New Students Must Take a Placement Test)

Purpose: Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment.

Course Objectives: Side breathing 15 times. Crawl stroke, backstroke, and elementary backstroke – 15 yards. Breaststroke and sidestroke kick – 15 yards. Sitting and kneeling dives. Rescue and safety skills.

Youth 4 Swimming Lessons

Skill Level: Intermediate - *Skills must be done independently.*

Ages: 5.5-12 years (New Students Must Take a Placement Test)

Purpose: Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3.

Course Objectives: Crawl stroke and elementary backstroke – 25 yards. Backstroke, breaststroke, butterfly, sidestroke - 15 yards. Open turns at the wall. Underwater swim 3 to 5 lengths. Compact/stride jumps and kneeling/standing dives. Rescue and water safety skills.

Youth 5 Swimming Lessons

Skill Level: Advance - *Skills must be done independently.*

Ages: 5.5-12 years (New Students Must Take a Placement Test)

Purpose: Help participants refine their performance of all six swimming strokes.

Course Objectives: Crawl stroke and Elementary Backstroke – 50 yards. Backstroke, breaststroke, butterfly, sidestroke – 25 yards. Flip turns at wall. Surface dives and standing dives. Rescue and water safety skills.

Youth 6 Swimming Lessons

Skill Level: Advance - *Skills must be done independently.*

Ages: 5.5-12 years (New Students Must Take a Placement Test)

Purpose: Refine strokes so participants swim them with greater efficiency and effectiveness over longer distances. Teach participants how to prevent aquatic emergencies in various aquatic environments and to introduce and practice self-rescue techniques.

Course Objectives: Crawl stroke and elementary backstroke - 100 yards. Backstroke, breaststroke, sidestroke, butterfly - 50 yards. Competitive swim team turns at wall. Surface dives and block starts. Rescue and water safety skills.

Safety Note: Students completing Youth level 6 have acquired confidence, which may exceed personal ability. Students should always swim with a buddy, in designated areas with "ON DUTY" lifeguards.

Beginning Teen Swim Lessons

Skill Level: Non-Swimmer to Beginner

Ages: 13-17 years (No Placement Test Needed)

Purpose: Designed for teens who are interested in learning how to swim or improve their basic swimming skills.

Course Objectives: Water adjustment skills. Breath control and submerging. Side berthing – 15 times. Glides and floats. Crawl stroke, elementary backstroke, and breaststroke – 15 yards. Rescue and water safety skills.

Beginning Adult Swim Lessons

Skill Level: Non-Swimmer to Beginner

Ages: 18 years and up (No Placement Test Needed)

Purpose: Designed for adults who are interested in learning how to swim or improve their basic swimming skills.

Course Objectives: Water adjustment skills. Breath control and submerging. Side berthing – 15 times. Glides and floats. Crawl stroke, elementary backstroke, and breaststroke – 15 yards. Rescue and water safety skills.

Helpful Note: We hope that you will take advantage of our Open Swims to practice the skills you are working on in your class. Consistent practice will help you progress through the lesson program easier. Admission to the Open Swims is not included in the lesson fee, so please inquire about daily admissions or membership plans at the Front Counter. Children under the age of 7, must be accompanied by an adult in the water.