

Swim Lesson



Parent/Child -- For children under 3 years old and their parents. Class focuses on comfort ability in the water, and skills both parents and children need to move towards independence in the water. Water safety/survival skills are taught as well.

Two NEW Parent/Child Classes:

Waterbabies Fun and Games: Learn how to incorporate teaching skills into fun and games into the pool. Work on confidence building.

Ready, Set, Swim: This is for tots that have successfully taken Parent/Child and are ready to move to Pike, but are too young. This will work on pre-swimming skills with parents in a Pike setting.

Preschool Children

Pike - For beginners ages 3 to 5, who are moving toward independence in the water. Students participate without parents.

Eels - For advanced-beginners ages 3 to 5, who participate without a parent. Children must have completed the Pike level.

Ray/Starfish - For advanced swimmers ages 3 to 5, who have completed Eels.

School-Age

Polliwogs - For non-swimmers or those unable to swim 20 feet. Students are introduced to pool rules, front/back float, front/back/side paddle and finning/sculling.

Guppies - For those who have completed Polliwogs or those able to swim 20 yards. Students learn safety swim, treading skills, bobbing, and strokes.

Minnow - For those who have completed Guppies or are advanced beginners able to swim 50 yards with rotary breathing, survival float for one minute, and jump in deep water and recover.

Fish - For children who are good swimmers; basic stroke refining, standing dives, and building endurance. Free style, backstroke, breast stroke, and butterfly are worked on.

Flying Fish/Shark - For children who are advanced swimmers and are able to swim 75 yards in front crawl, back crawl and breast stroke and 25 yards butterfly. These swimmers learn personal goal setting, bilateral breathing, endurance training, snorkeling and flip turns. Students also learn some basic water safety techniques.

Teen and Adult lessons and Private and Family Lessons are also available.

Special Needs Lessons are available.