



Group Swim Lessons Descriptions

Parent/Child

This class is for parent and child pairs to begin exploration of the water. The child is typically between the ages of 1 and 3 years. They will be assisted with supported floats, glides, kicks, rolling over, and both arm and leg combinations. There will also be lots of opportunities to participate in songs and games.

Level I: Introduction to Water Skills

This class is for the younger swimmer new to the water, starting at age 3 1/2 years old. We teach water safety rules, blowing bubbles and bobs, supported floats, changing direction and position, jumping in, beginning swimming with support on front and back, rolling over, and using both the shallow and deep end of the pool.

Level II: Fundamental Aquatic Skills

This class is for a comfortable beginner typically age 4 or 5 years. We teach water safety rules, bobs, floats, glides, jumps, and Tickle-T-Touch. In addition, changing direction and position, beginning front crawl, backstroke, jumping in shallow and deep water, rolling over, kneeling dives, and the opportunity to use the slide.

Level III: Stroke Development

This class builds on the skills of level II and is designed for the confident swimmer able to swim 25+ yards. We refine back crawl, rhythmic breathing with front crawl, dives, underwater swimming, introduce dolphin kick, fins and beginning butterfly, elementary backstroke kicks, and build endurance.

Level IV: Stroke Improvement

This class builds on the strokes and skills of level III. We add the beginning breaststroke, butterfly, the scissor kick, treading water, feet-first surface dive, racing dives, and survival float. This is an advanced class typically for ages 8 and older.

Personal Coaching

Does your lap swimming need a jolt? Our coaches can design and lead you through a workout which is customized to your personal goals and will help increase your power, speed, and endurance in the water! This approach is for individuals who have passed the instructional stage and are looking for the next step.

Adult Lessons

This class is a private lesson scheduled individually with an instructor. We will meet you at your current ability and help to bring you to the next level to meet your goal. Whether that is to get over a fear or refresh your skills.