

Swim Lessons



YOUTH

Class objective: comfort and safety in the water and elementary aquatic skills.

- Participants must wear swim diapers if not potty-trained.
- Students must function in a group setting without parents since parents DO NOT accompany children.

Youth Times:
Monday, Wednesday, & Friday
9:30—10:00 AM
Tuesday, Thursday, & Friday
5:30—6:00 PM

Adult Times:
Tuesday & Thursday
6:30—7:30 PM

Cost:
Session I: June 6—July 1
Session II: July 5—August 1
\$35 per session

Level 1: This class is for beginners who have little or no previous experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, the front and back float, jumping in, getting their faces wet, opening eyes underwater, and paddling on the front, back, and side.

Level 2: This class is for beginners who are comfortable in the water and who are ready to be introduced to the front and back crawl, the breaststroke, and the elementary backstroke. Rhythmic breathing, picking up submerged objects, kneeling dives, and somersaults are also introduced.

Level 3: This class is for intermediates who have been introduced to the basic strokes taught in level 2 and who are ready to begin developing those strokes. Rotary breathing, treading water, standing dives, and resting strokes are introduced.



TEEN & ADULT

Beginner:

Class Objective: Learn to become more comfortable in the water and the basics.

This course is geared for the non-swimming adult. Skills include floating, breathing, and the fundamentals of swimming strokes.

Intermediate:

Class Objective: Improve basic stroke techniques and reach your swimming goals.

This course is geared for those who can already swim and are looking to expand or perfect their knowledge of the different strokes.

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