



LEARN TO SWIM GROUP LESSONS

Registration Deadline: May 13 (No new registrations after this date)



6:00pm Swimmer 2 | Parent Child

6:45pm Beginner 1 | Intermediate

7:30pm Beginner 2 | Swimmer 1



Parent/Child (Shrimp)

This class is intended for children 6 months to 4 years old. You and your child will learn how to become more comfortable in the water. Parent or guardian required to be in water. 30 minutes duration.

Beginner 1 (Seahorse)

Your child must be at least 3 years old. (Exploration) This level will be working on: fully submerging face, supported floats on front/back, supported flutter kicks on front/back, and entering the pool safely by themselves. 30 minutes duration.

Beginner 2 (Starfish)

Your child needs to be able to float on their front and back with support. (Basic Skills) This level will be working on: retrieving objects in chest deep water, floating on front/back unsupported, unsupported flutter kicks on front/back. 30 minutes duration.

Intermediate (Guppy)

Your child needs to be at least 5 years old and able to float on their front/back without support. (Stroke readiness) This level will be working on: jumping into the deep water from the side of the pool, coordinating arm stroke for crawl with breathing to the side, coordinating back stroke, learning to tread water, and elementary backstroke. 30 minutes duration.

Swimmer 1 (Flipper)

Your child needs to be able to swim 10-15 yards of the crawl stroke, and 10-15 yards of the back crawl. (Stroke Development) This level will be working on: swimming the front/back crawl for 25 yards, treading water with modified scissors and rotary kicks, elementary backstroke for 10 yards, learning the basics to the breaststroke, and sidestroke. 30 minutes duration.

Swimmer 2 (Seal)

Your child needs to be able to swim 25 yards of front/back crawl, and will need to know the basics to the breaststrokes, and sidestrokes. (Stroke Refinement) This level will be working on: underwater swimming, butterfly dolphin kicks, swimming a distance of 50 yards in both the front/back stroke and learning to tread water for two minutes. 30 minutes duration.