



Swim Lesson Class Descriptions

PARENT/CHILD SWIM LESSONS

Ages 6 months—3 years

SHRIMP (6 month—8 months)

Shrimp is for our "littlest swimmers". It is designed to introduce babies and parents to the aquatic environment, encourage realistic developmental expectations by parents, introduce basic aquatic safety to parent and child and provide a positive first experience in the water.

KIPPER (9 months—12 months)

In the Kipper class, parents and children will be introduced to skills such as exiting the pool, jumping in guided by parents support, safety, blowing bubbles, and more.

INIA (13 months—18 months)

Inia is designed for children that are ready to learn basic swimming skills with parent accompaniment. Skills will include basic paddle stroke, kicking on front and back, floating on front and back, basic treading water, voluntary submersions, climbing into and out of the pool unassisted, jumping in from side of the pool and safety tips for parents.

PERCH (19 months—36 months)

Parents and children participate together. Children will spend half of their class time participating with the instructor to prepare them for our Preschool level.

PRESCHOOL SWIM LESSONS

Ages 3—5

PIKE (beginning skills)

For the child with little or no formal swim instruction.

EEL (intermediate skills)

Child will learn the crawl strokes and is not afraid of going underwater.

RAY (advanced skills)

Can perform the front and back float. This class introduces rhythmic breathing and stroke technique.

STARFISH (advanced skills II)

Can swim 10 yards basic backstroke. Students work on technique for all strokes.

YOUTH SWIM LESSONS

Ages 6—13

POLLIWOG (beginner I)

Skills taught include water adjustment, front float & glide, arm pull and front crawl and personal safety.

GUPPY (beginner II)

Skills taught are front crawl, rhythmic breathing, back sculling, advanced kicks, endurance, safety and rescue, and aquatic games.

MINNOW (advanced beginner I) **Ages 8-13

For children that can already swim one length of the pool with basic rotary breathing and 1/2 length basic backstroke.

FISH (advanced beginner II) **Ages 8-13

Children need to be able to swim 50 yards free with proper rotary breathing and 50 yards backstroke.

FLYING FISH (advanced beginner II) **Ages 8-13

Children need to be able to swim 100 yards free. Focus is on technique and pre-swim team drills.

ADULT SWIM LESSONS

Ages 14 +

ADULT BEGINNER

This class is designed for the adult beginner that may be timid about swimming or who has never swam in deep water. Class is self-paced, and will work on basics such as floating, treading water, kicking, and basic paddle stroke. Instructors will help you work toward your own personal goal, and will guide you in the areas in which you want to improve.

ADULT INTERMEDIATE

This class is designed for participants that can swim at least 50 feet (about 2/3 of the length of the lap pool) on their own, but would like to work on stroke technique. Focus on the basics of freestyle, backstroke, breaststroke, and elementary backstroke. Ideal for those that are not afraid of the water, but have had minimal formal training.