

Swim Lesson Skill Levels

Parent/Tot – (6 months - 3 Years) The objective of this class is to get both the parent and child comfortable in the water. The child explores a new environment while the parent learns how to teach the child to be safer in and around the water. Classes are designed so the child has fun while the parent urges him or her to learn aquatic skills. The child will be exposed to games that use basic movements in the water, such as kicking, arm strokes and breath control.

Preschool (Ages 3 – 5)

- Pike – beginner level. Children must be able to paddle 10 feet unassisted. Children will learn to paddle 10 feet on back, 5 feet on side, blow bubbles and float. Generally they are still with their swim belts when without the instructor.
- Eel – advanced beginner. Children learn to paddle 15 feet on their front, back and side without a float belt; front and back float for 20 seconds.
- Ray – intermediate. Children learn to swim front/back crawl and side-stroke 25 yards; front/back float and tread water for 30 seconds; elementary back-stroke 20 feet.
- Starfish – advanced. Children refine front/back crawl, sidestroke, breast-stroke and elementary backstroke 25 yards; front/back float one minute.

*Not all levels may be achieved during this period. Some children take longer than others and need to master the skills set forth before advancing.

School Aged (Ages 6 – 12)

Intermediate Level

- Polliwog – beginner. Children learn to paddle 25 yards with float and 20 feet without on their front, back and side; front and back float.
- Guppy - advanced beginner level. Children learn to swim 25 yards on front/back crawl; side and elementary backstroke; rhythmic breathing; front/back float one minute and tread water 30 seconds. Should feel comfortable in deep water.
- Minnow - intermediate level. Children refine front/back crawl, sidestroke, breaststroke and elementary back-stroke 25 yards; front/back float three minutes and tread water one minute; dive from side.

Advanced Level

- Fish - intermediate level. Children learn to swim front/back crawl, sidestroke, breast-stroke, elementary backstroke 50 yards; butterfly 15 yards; float six minutes; tread three minutes; feet/head first surface dives.
- Flying Fish – advanced level. Children learn to swim front/back crawl, sidestroke, breaststroke, elementary backstroke 100 yards with open turns; butterfly 25 yards; float six minutes with clothes on; tread six minutes.
- Shark – most advanced level. Children refine all strokes and turns learned previously; butterfly & breaststroke 50 yards.

Junior Swim Team

- This program will work as a preparation for our swim team environment, emphasizing the importance of competition, advanced stroke techniques, swim team drills, and other important aspects of competitive swimming.

We also offer a competitive swim team that practices throughout the week and travels for swim meets.