

Session 1

June 17 – July 4

Registration begins at 8:30 a.m. on
Tuesday, June 4

Session 2

July 8 – July 25

Registration begins at 8:30 a.m. on
Thursday, June 27

Session 3

July 29 – August 15

Registration begins at 8:30 a.m. on
Thursday, July 18

Swim Class Descriptions

(Classes Mon-Thurs unless specified)

*in order to advance to next level, one must complete the previous level's skill requirements

Parent-Tot (ages 6 months+)

Designed to help young children become comfortable in and around the water so they are ready to learn to swim. Participants are taught by the instructors while parents or guardians are in the water with them. [30 min.]

Preschool Aquatics Level A

Designed to help young children feel comfortable swimming in a class setting without their parents. Enforces comfort in the water while introducing rudimentary swimming skills. [30 min.]

Preschool Aquatics Level B

Designed to teach children to be more independent in the water and continues introducing and solidifying basic swimming skills on fronts and backs. [30 min.]

Preschool Aquatics Level C

Designed to prepare children for upper levels and more advanced stroke work. New skills are introduced but work is focused primarily on swimmers being able to successfully swim on fronts and backs without assistance needed from the instructor. Once completed move to level 3. [50 min.]

Level 1: Water Exploration

Designed to help participants feel comfortable in the water and to enjoy the water safely. Work on floats and successful swimming on both their front and their back (with instructor assistance). [50 min.]

Level 2: Primary Skills

Designed to teach participants fundamental skills. Continued work on swimming skills on both front and back but working towards the goal of needing no assistance from the instructor. [50 min.]

Level 3: Stroke Readiness

Designed to teach participants to build on previous skills by providing additional guided practice. New strokes introduced and work done on head-first entries and treading in the diving well. [50 min.]

Level 4: Stroke Development

Designed to help participants develop confidence in the strokes previously learned and to improve other aquatic skills. Additional strokes introduced and continued diving well work. [50 min.]

Level 5: Stroke Refinement

Designed to help participants learn to coordinate and refine key strokes. Swimming done solely in lap lanes so that strokes can be critiqued and stamina increased. [50 min.]