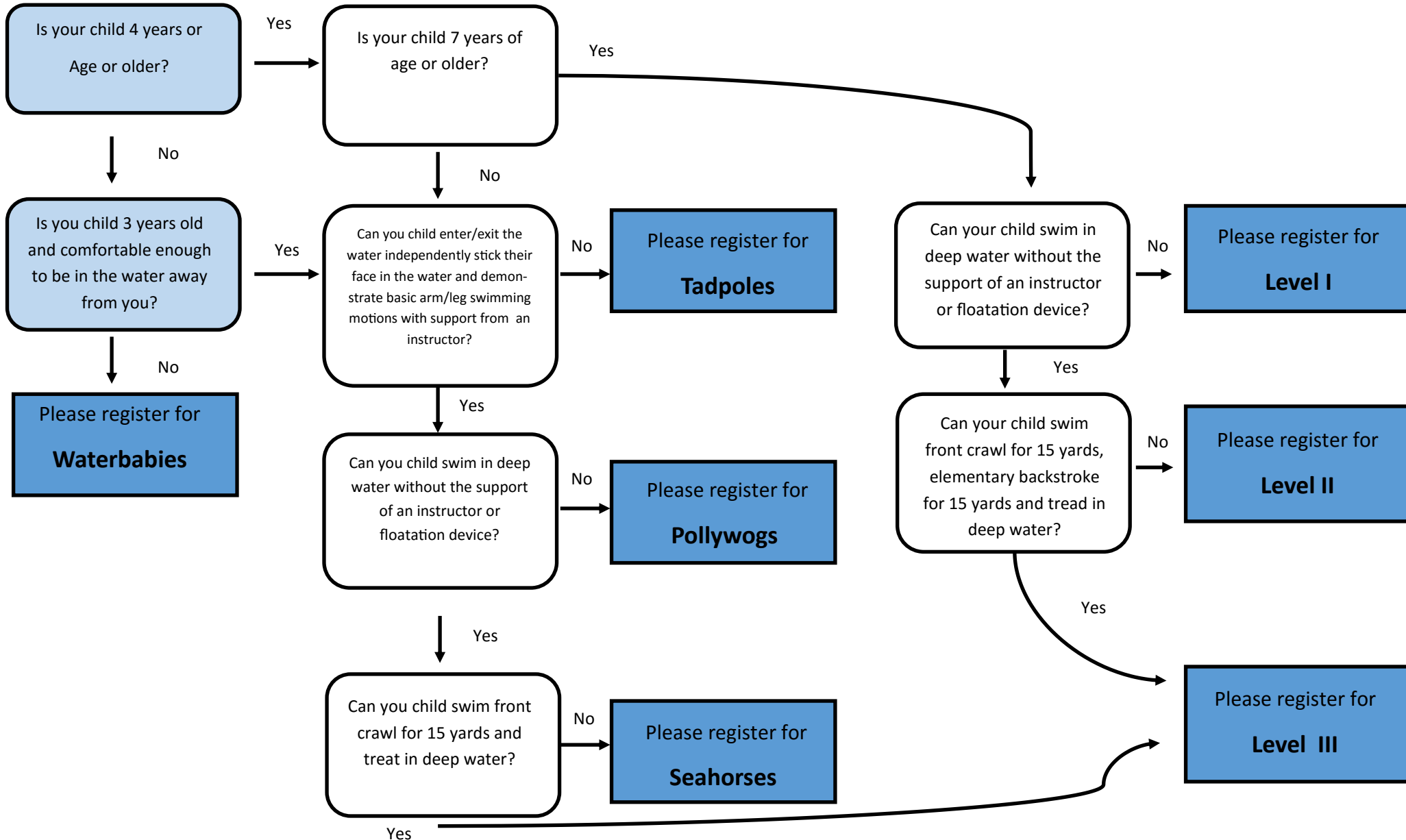




Swim Lesson Flow Chart



Group Swim Lessons

Waterbabies is a 30 minute, six week introductory swim class for children ages 6 - 18 months. Parents work with their child on water adjustment, supported floating and kicking.

Ages 3 to 5 years

Tadpoles is a 30 minute, six week swim class for children ages 3 to 5 years that helps children become more comfortable being in the water. The class will focus on water safety, water entry and exit, getting the face wet, blowing bubbles, walking through water, bouncing, wall crawling and front and back float with assistance. Basic arm/leg motions will be introduced with the support of an instructor or floatation device.

Pollywogs is a 30 minute, six week swim class for children ages 3-5 years who will begin to learn to swim without supports. This class will build on skills introduced in Tadpoles.

Seahorses is a 30 minute, six week swim class for children 3 - 5 years that swim without supports are refining strokes taught in the previous levels.

Ages 5 - 14

Level I is a 45 minute, six week swim class for children 5 years and older that emphasizes on water safety and becoming comfortable in and around the water. Time will be spent on learning and becoming comfortable swimming short distances without support.

Level II is a 45 minute, six week swim class for children 5 years and older. This class is designed to teach children build on the skills taught in Level I in order to swim longer distances while performing the front and back crawl.

Level III is a 45 minute, six week swim class for children 5 years and older. Your child is swimming now and we'll take them to the next level in the class. Stroke refinement and swim endurance will be the focus of this class.

Ages 15 & Older

Level IV is a 45 minute, six week class for intermediate swimmers 15 years and older. Basic arm/leg movements will be refined in order to swim short distances.