

SWIM LESSONS

PARENT/CHILD CLASSES

30 Minute Classes
Ages 6 mos - 3 years

STAGE A: WATER DISCOVERY

(WITH PARENT/GUARDIAN IN WATER)

In Stage A, the parent/guardian is introduced to working with their infant or toddler in the aquatic environment.

STAGE B: WATER EXPLORATION

(WITH PARENT/GUARDIAN IN WATER)

In Stage B, the parent/guardian works with their child to learn the fundamentals of safety and swimming skills.

PRESCHOOL CLASSES

30 Minute Classes
Ages 3 years - 5 years

STAGE 1: WATER ACCLIMATION

In Stage 1, the parent/guardian works with their child to develop comfort with the following swim skills: underwater exploration, floating and learning to safely exit the pool.

STAGE 2: WATER MOVEMENT

In Stage 2, the parent/guardian works with their child to focus the following swim skills: body position and control, directional change, and forward movement in the water.

STAGE 3: WATER STAMINA

In Stage 3, the parent/guardian works with their child to develop stamina needed to swim 25 yards unassisted, and introduces the following new skills: rhythmic breathing, and integrated arm and leg actions.

STAGE 4: STROKE INTRODUCTION

Student must be able to swim 25 yards unassisted.

In Stage 4, students work on developing swim stroke techniques for the front and back crawl and introduced to the breaststroke and butterfly kick.