

# 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.

# YOUTH/SCHOOL AGE CLASSES

45 Minute Classes  
Ages 6 years - 12 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

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

## STAGE 5: STROKE DEVELOPMENT

In Stage 5, students work on integrating arm and leg actions for the breaststroke and butterfly strokes, and refine swim stroke skills and techniques for all other swim strokes.

## STAGE 6: STROKE MECHANICS

In Stage 6, students work on refining swim stroke technique for all major competitive strokes and building stamina to perform each stroke for greater distances. Students are introduced to the concept of, competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## ADULT CLASSES

45 Minute Classes  
Ages 13+

### ADULT BEGINNER

Swimmers focus on body position and control, directional change, and forward movement in the water.

### ADULT INTERMEDIATE

Swimmers learn how to swim to safety from a longer distance. Rhythmic breathing and integrated arm and leg action are introduced.

### ADULT ADVANCED

Students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

## SWIM CLUB

45 Minute Classes  
Ages 8+

### SWIM CLUB

Swim Club is designed for swimmers who are interested in gaining the skills needed for competitive swimming. Swim Club focuses on stroke development, technique, starts, and turns. This program is for those who want to learn how to be in a team environment and gain experience before joining a competitive swim team. This program is also for those looking for a more challenging class after completing Youth Stage 4! All new swimmers should be at the Youth Stage 4 level or higher, as the group works in the entire length of the pool. Swim evaluations prior to registration are encouraged and can be done by connecting with our Aquatics Director!

**Requirements: Swimmers should be able to swim a length of freestyle and backstroke.**

### PRIVATE SWIM LESSONS

Prefer more individualized instruction? Private lessons and PODs are always enrolling. Private swim lessons are available for all ages – preschoolers, youth and adults – and scheduled at the convenience of the individual, instructor, and pool availability. Visit our website or scan the code to request more information on private swim lessons!

