

SWIMMING INSTRUCTION

*Most class sessions are 35-40 minutes in duration.
Appropriate safety skills are covered at all levels.*

Children 6 mos. to Age 3

(parent & child classes)

Waterbabies I

Acclimation to the water environment through songs & games. Stomach & back positions, kicking, and blowing bubbles are introduced. For ages 6 months to 2 years.

Waterbabies II

Progress in the fundamental skills is continued through songs & games, while we ease transition from parent/child class to teacher/child class. For 20 months to 3 years.

Please note: Non-disposable swim diapers required for children not toilet-trained. Disposable diapers prohibited.

Children Age 3, 4, & 5

(children & instructor)

Pre-Beginner I

A first-time group experience without parents. Work toward independent performance of the basic skills including body positions, blowing bubbles, floats, kicking, and jumps.

Pre-Beginner II

Focus on performing basic skills with little or no assistance. Emphasis on crawl stroke (including arm action and kick) and floats. Intro to rhythmic breathing and kneeling dives.

Pre-Beginner III

Reinforces basic skills and introduces new strokes. Designed for children age 5 & under with advanced swimming skills. Prerequisite: must be able to swim independently above and under water.

Other Programs

Lifeguard Training

Red Cross' standard training for all lifeguards. Includes certification in First Aid and CPR for the Professional Rescuer. Prerequisite: age 15 or older and pass swim test. (Approx. 30 hour course)

Guardstart: Lifeguarding Tomorrow

For children 11-14 interested in lifeguarding. Focus on accident prevention, basic rescue techniques, fitness, leadership, and professionalism.

Kids' Stroke & Fitness

An introduction to competitive swimming, this program provides expert coaching on stroke technique and great exercise in a fun & exciting team setting.

Private Lessons

Private and semi-private half-hour lessons are available for all age/skill levels, at virtually any day & time convenient for you. A great option if you want one-on-one attention or need to fit lessons into a very specific schedule. Ask for details at the front desk.

Children Age 5 & Up

(American Red Cross curriculum)

Level I – Introduction to Water Skills

In this introductory class, students will learn the basic skills: blowing bubbles, bobs, submerge mouth nose and eyes, floats and recovery, alternating arm action, supported kicking, and jumps.

Level II – Fundamental Aquatic Skills

Students work toward independent performance of the basic skills: bobs, floats, glides, flutter kick, jumps, front & back crawl, sidestroke, turning over & body position, plus intro to rhythmic breathing & kneeling dives.

Level III – Stroke Development

Introduction to deep-water bobs, elementary backstroke, butterfly kick and body motion, treading and standing dives. Continued improvement in front & back crawl (25 yards), glides, kneeling dives, and rotary breathing.

Level IV – Stroke Improvement

Introduction to breaststroke, open and flip turns. Continued improvement in front crawl with rotary breathing (50 yards), back crawl (50 yards), breaststroke (50 yards), butterfly (25 yards), sidestroke (25 yards), and elementary backstroke (25 yards).

Level V – Stroke Refinement

Introduction to stride jump, long shallow dive, tuck and pike surface dives, two minute tread. Continued improvement in front & back crawl, breaststroke (100 yards), elementary backstroke & sidestroke (50 yards), and butterfly (25 yards).

Level VI – Advanced Skills

Continued work on endurance (continuous swim 500 yards), flip turns, all strokes, and treading water (5 minutes). Fitness swimming including pull buoy use, heart rate determination and swimming etiquette. In-water rescue techniques including rescue tube & brick retrieval.

Adult Courses

Adult I

Designed for adults either uncomfortable or with little experience in the water. A gradual, individual pace emphasizes comfort & safety while learning floats and independent swimming.

Adult II

For adults with some water experience but who still need to work on the basics. This course develops introductory skills and independent swimming in a fun atmosphere.

Adult III

For adults who are able to swim but want to swim "better." This course expands upon basic concepts and develops proper stroke technique for front crawl as well as other strokes.