

Class Descriptions

Parent/Child: (6 months– 36 months) Parent/child classes are designed to encourage children to develop a sense of comfort in and around a water environment. Together with a parent children will be introduced to basic water safety, water exploration, and much more in a safe and fun filled atmosphere! Swim diapers or rubber pants are required for children who are not yet toilet trained.



Tadpole:(3 years– 5 year) No prerequisites needed! This class is designed for the beginning preschool swimmer. In a fun and exciting group setting children will learn to gain a feeling of comfort in and around the water while learning water skills that include: safe water entry, floating, arm strokes, kicking, and, with flotation, will learn to navigate the water independent of adult support. This is the first class level that is taught without in water parent participation.



Minnow: (3years– 5 years) To register as a minnow children must be able to put their face in the water and swim ten feet, on their front and back, with flotation independent of adult support. This class is designed for the advanced beginner that incorporates all the skills learned in the Tadpole class as well as further beginner instruction. In an encouraging and positive environment students will begin to learn front crawl and rudimentary back stroke along with beginner water safety and age appropriate water games.



Sea Horse:(3 years– 5 years). To register as a Sea Horse students must be able to swim without flotation on their front and back for ten feet. In a fun filled environment students will build on the skills previously learned to refine their front crawl techniques, rudimentary back stroke, and will be introduced to elementary back and rhythmic breathing along with water safety and age appropriate games.



Sting Ray:(6 years– 10 years). No prerequisites needed! This class is designed for the beginning school age swimmer. In a fun and exciting group setting children will learn to gain a feeling of comfort in and around the water while learning water skills that include: safe water entry, floating, arm strokes, kicking, age appropriate games, and much more! In this class students will learn to navigate the water independent of adult support.



Fish:(6 years– 10 years). To enroll in the Fish class students must be able to swim ten feet on their front and back independent of adult support. In a setting geared toward increasing confidence in their skills students will begin to learn front crawl, elementary back stroke, treading, and rhythmic breathing along with water safety and age appropriate games.



Dolphin:(6 years– 10 years). To enroll in the Dolphin class students must be able to swim front crawl for 15 yards and a back stroke, elementary or crawl, for 15 yards. In this level students will focus on refining front crawl stroke technique ,will be introduced to back crawl, breast stroke, dolphin kick and rotary breathing as well as continued exposure to water safety and age appropriate games.



Shark:(6 years– 10 years). To enroll in the Shark class students must be able to swim front crawl for 25 yards and back stroke for 25 yards. In this level students will be encouraged to continue in stroke development of front crawl, back crawl, and breast stroke and will be introduced to butterfly. In addition to stroke development, water safety, and age appropriate games students will also work on skills such as rotary breathing, diving, and much more!

Youth I:(11 years– 13 years) No prerequisites needed! This class is designed for youth age swimmers. In a fun and exciting group setting students will learn to gain a feeling of comfort in and around the water while learning water skills that include: safe water entry, floating, arm strokes, kicking, age appropriate games, and much more! In this class students will learn to navigate the water independent of adult support.

Youth II:(11 years– 13 years). To enroll in the Youth II class students must be able to swim ten feet on their front and back independent of adult support. In a setting geared toward increasing confidence in their skills students will begin to learn front crawl, back crawl, treading, and rhythmic breathing along with water safety and age appropriate games

Adult:(14 years +) No prerequisites needed! This class is designed for individuals with little to no experience in the water. In a supportive environment students will learn basic to intermediate water skills including, but not limited to, front crawl, back crawl, treading, and water safety.

