



NOT SURE WHAT LEVEL IS RIGHT FOR YOUR CHILD?

	<p>LEVEL 0: FROGS & TADPOLES</p> <p>Parent and child will learn to enjoy the water together in this class. Parent (or responsible adult) and child will become acclimated to the water through games and songs while in a group setting. Parent will learn key safety tools to use at a pool or near water.</p> <p>ACTIVITIES: Water safety, proper use of flotation devices, water acclimation, movement through water, floating in the water, blowing bubbles, and more.</p>	<p><i>Limited to children 12-36 months old. Parent and child are welcome to participate in this class until the child is 3-years-old and comfortable moving to the Flounder class on their own.</i></p>
	<p>LEVEL 1: FLOUNDER</p> <p>Child will become acclimated to the water through games and will learn basic safety skills in addition to water submersion and floating with support.</p> <p>SKILLS: Independent movement through the water, floating on front and back, recovery from a floating position, nose/mouth bubbles, introduction to bobs, and age-appropriate safety skills.</p>	<p><i>Any children who are at least 3-years-old and have little experience in the water should sign up for this class.</i></p>
	<p>LEVEL 2: JELLYFISH</p> <p>Child will expand on the skills learned in the Flounder class and learn to be in the water unassisted in both front and back positions while learning to propel themselves through the water using either arms or legs.</p> <p>SKILLS: Floating, gliding, streamline body position, recovery, bobs, submersion, propulsive kicking, introduction to propulsive arms, sit dives, and safety skills.</p>	<p><i>A child is ready for this class if they can comfortably perform five unassisted, consecutive bobs, submerging fully.</i></p>
	<p>LEVEL 3: OCTOPUS</p> <p>Child will learn fundamental freestyle and backstroke skills with emphasis placed on the coordination and timing of the strokes as well as the development of a strong flutter kick.</p> <p>SKILLS: Novice freestyle, novice backstroke, elementary backstroke, side glide, treading, kneel dive, and safety skills.</p>	<p><i>Children who can independently perform a front float for 5 seconds (with their face in the water), can independently perform a back float for at least 5 seconds, and who can perform the above requirements can register for this class.</i></p>

ADULT LEARN TO SWIM PROGRAM

This class is designed for adults (16 or older) who have little or no previous swim lesson experience. Students will learn basic swimming techniques and key water safety skills. The instructor will guide students through a series of activities to be completed at an individual pace.

PRIVATE LESSONS

Private swim lessons are for anyone ages 5 and up. If you prefer a 1-on-1 lesson, our instructors can help you achieve your swimming goals. Our private lessons are offered in a 3-pack of 30-minute lessons. Each lesson is scheduled at the same time every week for 4 weeks. If all 3 lessons are completed in the first 3 weeks there will not be a lesson the last week.

HOW TO MAKE THE MOST OUT OF LESSONS

Arrive on time and ready for lessons.

ALL children who are **not potty-trained must wear a swim diaper** in the pool.

Wear a **well-fitted swimsuit** that is **appropriate for lessons**.

Children with long hair should use a **hair tie** or wear a swim cap.

Swim goggles (not a snorkel or mask) may be used by children in the upper level classes.

