



SWIM LESSON DESCRIPTIONS

Starfish

Age 6 months - 3 years

Emphasizes teaching the parent how to work with the child in the water through song and play. The goal is to have both parent and child comfortable in and possibly under water. Includes teaching techniques to help the parent in working with the child, and safety guidelines for children in water situations.

Polliwog

Age 3-5

Introduction to water for the little ones without their parent. Skills include face in the water, blowing bubbles, breath holding, kicking, floating, arm strokes and possibly going under water. Emphasis is on water adjustment, water safety, fun and enjoyment in the water. Requirements: must be willing to work without parent in the water and be able to balance in three feet of water. Most children will have to take this class more than once.

Turtle

Age 3-5

For children who have successfully completed the polliwog course or are able to float, stroke and kick 5-10 feet on their own. Offered for the swimmers that are in between polliwog and tadpole. All skills from polliwog are reviewed. Learn basic swimming skills such as arm and leg movements, going under water and retrieving items, and being able to fully submerging face in the water.

Frog

Age 4-7

This class is designed for advanced preschoolers who have completed tadpoles. Skills which include introduction to freestyle stroke, elementary backstroke, use of kickboards, kicking, floating, and gliding on front/back are taught through games and imitation. Must be able to swim 5 feet unsupported.

Minnow

Age 6-8

For participants who are taking swim lessons for the first time. This class is a combination of polliwog and tadpole for school aged kids. Emphasis is on water adjustment, swimming readiness skills, basic safety, floating, kicking and arm strokes. Stroke work includes freestyle, leg movements and rhythmic breathing; and entries to the water are introduced.

Goldfish

Age 5-14

Child must be able to swim 10 yards. Emphasis is on gaining strength, endurance, and coordination. Goldfish focus on coordinating freestyle and backstroke, swimming distances and beginning diving skills. Elementary backstroke are also introduced.

Manta Ray

Age 5-14

Child must be able to swim 20 yards. Coordinate and refine strokes presented in previous levels. Learn introduction to breaststroke and butterfly kick as well as perform backstroke, front crawl, back crawl, and elementary back stroke for increased distances and time.

Sea Lion

Age 6-14

Concentrate on polishing all strokes, swimming with greater ease and efficiency over greater distances with backstroke, front crawl, breast stroke, back stroke and side stroke. Objectives include surface dives, approach strokes, and throwing rescues. Must be able to swim underwater streamline four body lengths and continue to swim freestyle across the pool. Introduction to butterfly is also taught.

Dolphin

Age 6-14

Review and perfect all strokes and skills presented at previous levels, while learning advanced safety techniques. Objectives include flip turns, treading water for five minutes, backboard rescues, and completing 50 yard swims in the four basic strokes. Diving progression is also taught.

Adult

Age 15+

Learn standard swimming techniques targeted for adults who want to learn how to swim and overcome their fear of water or improve swimming skills. Students work on skills at their own pace.

PRIVATE INSTRUCTION

Age 2-99

One-on-one instruction is offered that meets individual's needs.



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