



Youth Swim Lessons

Infant/ toddler 6 months -36 months

Monday 5:30-6:00pm Saturday 11:00-11:30am

Preschool ages 3-5years

Preschool Level 1 No experience necessary. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Children learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float 10 feet assisted, swim and jump, push, turn, grab with assistance

Monday 10:30-11:00am; 4:00-4:30pm ; Saturday 10:30-11:00am

Preschool Level 2 Entry requirements: Swim, float, swim assisted 10 feet, and jump, push, turn, grab assisted.

Encourages forward movement in water and basic self-rescue skills performed independently. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Children learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float 5 yards unassisted, swim and jump, push, turn, grab unassisted.

Monday 4:30-5:00pm; Wednesday 5:30-6:00pm

Preschool Level 3 Entry requirements: Swim, float, swim 5 yards unassisted and jump, push, turn, grab unassisted.

Develops intermediate self-rescue skills performed at longer distance than in previous stage. Children learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float 15 yards, swim and jump, push, turn, grab 10 yards.

Monday 11:00-11:30am; 5:00-5:30pm

Level 4

Monday 5:00-5:30pm

School Age 6years and up

School Age Level 1 No experience necessary. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Children learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim 10 yards assisted and jump, push, turn, grab with assistance.

Monday 4:00-4:30pm; Wednesday 4:00-4:30pm 5:00-5:30pm; Saturday 9:30-10:00am

School Age Level 2 Entry requirements: Swim, float, swim 10 feet. Encourages forward movement in water and basic self-rescue skills performed independently. Increases comfort with underwater exploration and introduces basic self-rescue skills performed with assistance. Children learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim 5 yards unassisted and jump, push, turn, grab unassisted.

Monday 4:30-5:00pm

School Age Level 3 Entry requirements: Swim, float, swims 5 yards unassisted and jump, push, turn, grab unassisted.

Develops intermediate self-rescue skills performed at longer distance than in previous stage. Children learn personal water safety and achieve basic swimming competency by learning two benchmark skills: Swim, float, swim 25 yards and jump, swim, turn, grab unassisted. Swim 10 yards.

Wednesday 5:00-5:30; Saturday 10:00-10:30am

School Age Level 4 Entry requirements: Swim 25 yards using multiple strokes. Introduces basic stroke technique in front crawl and back crawl and reinforces water safety through treading water and elementary backstroke. Having mastered the fundamentals, children learn additional water safety skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

School Age Level 5 Entry requirements: Swim 50 yards using multiple strokes. Introduces breaststroke and butterfly and reinforces water safety through treading water and sidestroke. Having mastered the fundamentals, children learn additional water safety skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

Wednesday 4:00-4:30p

8/21/2018