

New Swim Lesson Levels Available

Parent Tot

Introduction to swimming parent and child participate in water adjustment and motor skills.

Preschool 1

Beginner level to swimming. This level focuses on motor skills, face in the water, blowing bubbles, holding breath, going underwater & jumping in the pool unassisted.

Preschool 2

Children who are comfortable, confident & already going underwater unassisted as well as holding their breath. This level focuses on teaching unassisted swimming for 5–10 ft.

Preschool 3

For children who can already swim 5–10 ft. unassisted. This level focuses on beginner's freestyle & intro to backstroke.

Preschool 4

For children who swim 20ft. unassisted with independent breathing & a beginner's freestyle. This level focuses' on increasing swimming distance to 25yds, rotary breathing & backstroke.

Grade School 1

Intro to swimming for non swimmers or those who swim less than 20ft. This level focuses on a modified freestyle & independent swimming.

Grade School 2

For students who swim 20ft. unassisted. This level focuses on teaching freestyle & backstroke techniques & swimming a distance of 25yds.

Grade School 3

For those who can correctly swim freestyle & backstroke for 25yds. This level focuses on endurance building techniques & diving.

Adult Beginner

This is a beginner's level that focuses on teaching unassisted swimming with a modified stroke.

Adult Stroke Clinic

For those who can already swim at least 25 yards unassisted. This level will focus on teaching unassisted swimming, freestyle and backstroke for 25 yards