



Swim Lesson Descriptions

AM Tot Splash Drop-in (Ages up to 6) Monday-Thursday 9-11:30am

(Water Play... NOT A LESSON) Families with children under the age of 5 to have open swim time in the Toddler Pool during scheduled swim lesson time. This is not an instructional class, but time for parents/adult caregivers to be in the Toddler Pool with younger children during swim lessons.

Cost: Members: No Charge Non-Members: \$10 daily drop-in fee
Members and Non-Members must register online

Pre-Beginner (4+ years)

This class is an introduction to water skills for the new swimmer. Children will learn to: • practice breath control, learning how to blow air out of mouth and nose, • submerge their whole body under water, • float on their front and back independently, • push off the wall and streamline independently, and • be introduced to arm and leg action for crawl, backstroke & treading water.

Beginner I (4-5; 6+ years)

This class provides the fundamental aquatic skills to begin crawl and backstroke. Children must be able to perform the skills of the Pre-Beginner class and will learn to: • perform the crawl and backstroke kick using proper form, • perform the crawl and backstroke arm action using proper form, • be introduced to long axis of rotation during the stroke, • perform elementary backstroke, and • be introduced to treading water.

Beginner II (4-6; 7+ years)

This class provides further stroke development for the crawl and backstroke. Children must be able to perform the skills of the Beginner I class, and will learn to: • glide on their front and back, • perform the long axis of rotation during the crawl and backstroke, • perform rotary breathing for crawl stroke, • tread water using scissor or rotary kick and sculling arm motions for one minute, • introduction to breaststroke, • swim crawl and backstroke across the width of the pool, and • perform a compact dive into deep water

Intermediate I (4-8; 9+ years)

This class provides stroke improvement for the crawl and backstroke, and introduces swimmers to breaststroke and butterfly strokes. Children must be able to perform the skills of the Beginner II class, and will learn to: • swim crawl and backstroke for 25 yards of the pool using proper form, • perform breaststroke and butterfly kick, • tread water using scissors, breaststroke or rotary kick and sculling arm motions for two minutes, • perform an open turn on front and back, pushing off in a streamlined position, and • perform a stride dive into deep water.

Intermediate II (7+ years)

This class provides stroke refinement for the crawl stroke, backstroke, and breaststroke and continues working on the butterfly stroke. Children must be able to perform the skills of the Intermediate I class, and will learn to: • swim crawl stroke, backstroke, and breaststroke for 50 yards of the pool using proper form, • perform a feet-first surface dive, • perform flip turns for crawl and backstroke, • perform the butterfly stroke using proper form, and • perform a shallow dive, glide, and begin any front stroke in deep water.

Swimmer (9+ years)

This class is for the swimmer who is interested in using swimming to improve cardiovascular fitness. Children must be able to perform the skills of the Intermediate II class, and will learn to: • swim crawl stroke, backstroke, and breaststroke 100 yards continuously using proper form, • swim butterfly 50 yards continuously using proper form.

Diving (9+ years & Passed Deep Water Test)

To participate in diving lessons, children must have achieved at least the level of Intermediate I swimming class. Children will learn:

Diving I: Front approach with hurdle, back hurdle, forward dive, backward dive, and somersault.

Diving II: Five required dives and six optional dives with at least one dive in each of the following categories: • Forward • Reverse • Backward • Twisting • Inward

Lifeguard Readiness (11-14 years)

This is an instructional class designed to introduce basic lifesaving skills and help prepare the student for a "Red Cross Advanced Life Saving" course. Children must be able to perform the skills of the Intermediate I class.

Water Games (9+ years & Passed Deep Water Test)

This class introduces the fundamentals and team play of a variety of water sports and games. Children must be able to perform the skills of the Intermediate I class.

Stroke & Turn (7+ years)

Improve technique in all four competitive strokes and develop competitive starts and turns. Swimmers must be able to perform the skills of the intermediate 1 class.

Adaptive Aquatics (4+ years)

This class is designed for children who for any reason (physical, mental, emotional, or social) cannot meet the requirements of the regular lesson program and require individualized attention. The requirements for this class are at the discretion of the Swim Lesson Manager.



Adult Lessons (18+ years)

Adults learn the fundamentals of swimming. Group or private Lessons available