Swimming Lessons Requirements and Information

* All children taking swim lessons should arrive dressed and ready for class. Our swim instructors will be busy, so your cooperation is appreciated in ensuring children arrive to class promptly and are picked up as soon as the class is over.
* Each class will last 50 minutes, except for infant and preschool classes, which will be 30 minutes long.
* Morning classes are Monday - Thursday 10:00am – 10:50am for 2 weeks.
* Night classes are Monday - Thursday from 7:00pm - 7:50pm for 2 weeks.
(Friday will be a make-up if necessary).
* Swimming lessons are not certified by the Red Cross but will attempt to follow the curriculum closely. Students are expected to meet the prerequisites for each class. Each swimmer will be tested prior to beginning class in order to help us properly place each child in the appropriate class.

Classes and descriptions are as follows:

Infant and Preschool

Prerequisite – ages four and under with Adult Participation

Course Description – The infant and preschool class is designed to assist infants, young children, and parents in becoming familiar with the water and developing confidence in the water through participation in a range of safe and enjoyable aquatic activities.

**Skills taught include: **

1. Introduction of guidelines for parents and their infants that promote safety in and around the water.
2. Assist infants and preschool children to become familiar with the water through exercises like blowing bubbles, floating on back, and submerging underwater.
3. Introduction of beginner swimming skills including the freestyle and the backstroke.

***If your child is not potty trained, they are required to wear a swim diaper during class. ***

Beginner

Prerequisite – ages four and up

Course Description – The beginner class is designed to teach the basic fundamentals of swimming building confidence in the water for the swimmer.

Skills taught include:

1. Safety skills in and around the water.

2. Familiarization with the water through exercises like blowing bubbles, floating on back, submerging under water, and retrieving objects.
3. Breathing skills, movement in and under the water, and an introduction to deep water.
4. Freestyle and Backstroke using kick boards, crawl stroke, and floating.

Intermediate

Prerequisite – ages five and up. Completion of the advanced beginner class. Ability to swim across the pool freestyle without stopping or using help.

Course Description – the intermediate and advance course is designed to refine swimming strokes and will teach additional advanced strokes such as the side stroke and the butterfly.

Skills taught include:

1. Safety and rescue skills
2. Proper technique for freestyle, backstroke, elementary backstroke, and breaststroke
3. Introduction to the side stroke and butterfly.

Advanced

Prerequisite – ages five and up. Breathe control and propulsion through the water using the crawl stroke. Participant must be comfortable with the water and not scared.

Course Description – The advanced beginner class is designed to teach the correct mechanical stroke technique for the freestyle and the backstroke. Upon completion of the class the swimmer, will be able to swim the length of the pool unassisted. The swimmer will also be introduced to the elementary backstroke, treading water, the breaststroke and an introduction to diving.

Skills taught include:

1. Safety and rescue skills
2. Proper technique for freestyle, backstroke and elementary backstroke
3. Introduction to the elementary backstroke, breaststroke, and treading water
4. Introduction to diving and swimming underwater.