

Whether you are new to swimming or want to improve your swimming skills, our experienced instructors will guide you step by step.

MONDAYS & WEDNESDAYS

Beginner 1 | 6 or 6:30PM Beginner 2 | 6 or 6:30PM Intermediate | 6 or 6:30PM

TUESDAYS & THURSDAYS

Beginner 1 | 6 or 6:30PM Beginner 2 | 6 or 6:30PM Intermediate | 6 or 6:30PM

GROUP LESSON RATIO: 6:1 | 25 MINUTE CLASSES | CLASSES BEGIN MONTHLY | \$55-8 CLASSES PER SESSION- MEET 2X WEEK

Beginner 1- Your child must be at least 3 years old. This level will be working on fully submerging face, supported floats on front/back, supported flutter kicks on front/back, and entering the pool safely by themselves.

Beginner 2- Your child needs to be able to float on their front/back with support. This level will be working on retrieving objects in chest deep water, floating on front/back unsupported, unsupported flutter kicks on front/back.

Intermediate- Your child needs to be at least 5 years old and able to float on their front/back without support. This level will be working on jumping into the deep water from the side of the pool, coordinating arm stroke for crawl with breathing to the side, coordinating back stroke, learning to tread water, and elementary backstroke.