

FREE SWIM LESSONS

Choose your level:

SHRIMP - For children 6 months to 3 years of age. Includes safe water entry, putting face in water, blowing bubbles, front and back floats, jumping from side of pool to parents, and holding breath. Parents accompany children in pool.

SEAHORSE - For children 3+ years and/or test out of Shrimp. Develops buoyancy, breath control, and basic water skills and introduces water safety and lifejacket usage. Children submerge faces in water, float and kick on front and back with support, and learn front crawl and backstroke arm movements.

STARFISH - For children 4+ years and/or test out of Seahorse. Children learn unsupported floating, kicking, and beginning swimming skills. Includes front crawl with introduction to breathing, back crawl arm and kick integration, prone and back glide, turning over, and sit dives.

GUPPY - For children 5+ years and/or test out of Starfish. Children develop rhythmic breathing and learn elementary backstroke, kneeling dive, treading water, reversing direction, and continue working on front and back crawl.

FLIPPER - For children 5+ years and/or test out of Guppy. Children are introduced to deep water bobbing, breaststroke and scissor kicks, standing dive, stride jump, and continue working on previously-learned strokes.

SEAL - For children 6+ and/or test out of Flipper. Children become familiar with dolphin kick, refine turns, build endurance, learn standing dive from board, and continue developing previously-learned strokes.

SAILFISH - For children 7+ and/or test out of Seal. Students are introduced to the butterfly, front and back crawl flip turns, pike and tuck surface dives, and refine strokes while endurance is increased.

BARRACUDA - For children 8+ years and/or test out of Sailfish. Students refine and perfect all strokes and turns while learning Junior Lifeguarding skills.

2019 SESSIONS

Session 2:

June 17-27

Session 3:

July 8-18

Session 4:

July 22– Aug 1

*Registration closes the Thursday before the sessions starts.

TIMES:

9:45 - 10:15 am

10:30 - 11 am

11:10 - 11:40 am

All lessons are Monday—Thursday

CALL OR EMAIL TO REGISTER:

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