

LIST OF CLASSES

Please view the skills and age requirements to find which class your swimmer will best fit into!

PARENT/TOT

Parent and Infant swim lessons,
Age range from 8 mo. - 2.5 yrs old

Preschool 1-3

Beginner preschool class

Water Adaption
Front Float
Back Float
Sit Fall

Preschool 6

*Stroke development,
Swimming a further distance*

Freestyle Armstrokes
Backstroke

Preschool 4

*Learning independent
swimming*

Back to Front Float
Front Streamlines
Jump in

Preschool 7

*Stroke development, swimming
length of pool, intro to breast
stroke and butterfly stroke*

Freestyle
Backstroke
Breaststroke
Butterfly

PRESCHOOL

Ages 3-6

Preschool 5

*Start learning arm
stroke development*

Back to Front Float
Intro to Armstrokes
Kicking
Jump In



SCHOOL-AGE

Ages 6-14

School-Age 1-3

Beginning school class

Water Adaption
Front Float
Back Float
Front Streamline
Back Streamline

School-Age 4

Intro to stroke development

Freestyle Armstrokes
Side Kick

School-Age 5

Stroke development

25 yd. Freestyle
Intro to Backstroke

School-Age 5+

*Stroke development and
technique, swimming in the lane*

5 yd. Freestyle
25 yd. Backstroke
Drills

School-Age 6

*Advanced stroke technique,
50 yd. drills, intro to breaststroke*

50 yd. Freestyle
50 yd. Backstroke
50 yd. Breaststroke
Butterfly Stroke
Drills

