**Parent and Child**

**Age guidelines:** 6 months to 3 years

**Class Description:** The Parent/Child class teaches parents how to assist their children in adjusting to the water through the use of nursery rhymes and games. Classes consist of structured and unstructured time with instructor assistance. One adult must be in the water with each child.

**Skills Taught:** blowing bubbles, floating, basic arm strokes, kicking, underwater exploration.

**Introductory**

**Age guidelines:** 3 to 5 years old or successful completion of previous level with recommendation from instructor.

**Class Description:** The Introductory class is for children who are apprehensive about swimming and going underwater. The main goal of this class is to help children feel comfortable in the water and set the groundwork for learning to swim without a parent. Class is limited to 6 children.

**Skills Taught:** Blowing bubbles through mouth and nose, breathing, floating, gliding, basic arm strokes, kicking, underwater exploration.

**Beginner One**

**Class Description:** The Beginner One class is for children ages 4 and up, who have few or no independent swimming skills, but are not afraid of the water. We expect beginner swimmers, especially those with no previous group lesson experience, to be a little nervous the first few days of class. Class is limited to 6 children.

**Skills Taught:** Breathing, floating, gliding, basic arm strokes, kicking.
Beginner Two

Age guidelines: 6 years and up or successful completion of previous level

Class Description: The Beginner Two class is for children who are able to swim at least 5 yards on their front and back, unsupported. Class is limited to 6 children.

Skills Taught: Gliding, basic freestyle, basic backstroke, kicking, diving.

Beginner Three

Age guidelines: 7 years and up or successful completion of previous level

Class Description: The Beginner 3 class is for children who are able to swim at least 7 yards on their front and back, unsupported. Class is limited to 6 children.

Skills Taught: Gliding, side breathing, freestyle, breastroke kick, treading, driving and back stroke.

Private Lessons are designed for individual attention on strokes of your choice. The instructor can start from the beginning or help with stroke refinement or teaching additional strokes. Private Lessons are for ages 6 months and up.