

WATERBABES (1-2 years)

Instructors lead parents in a water adjustment class for 1-2 year olds. This class is designed to get the children comfortable in the water while helping parents with correct holds and movements to increase the child's confidence and comfort while in the water.

Swim Skills Needed: None

PARENT TOT (3-5 years)

Instructors lead parents and children through water adjustment skills with fun water activities. The goal of the class is to teach parents how to work with their children in the water. Swimmers will learn submerging, front and back floats, and beginner stroke.

Swim Skills Needed: None

TURTLE TOTS (4-5 years)

Students will **BUILD** on foundational swimming skills. Skills include rhythmic breathing, streamline glides, kicking and a continued introduction to front crawl. Water safety skills are incorporated into each class.

Swim Skills needed: Student must be comfortable going underwater and blowing bubbles. Student must be able to float on front and back without flotation or assistance and swim on front at least 3 yards with face in water to join this class.

STEP 1 (6-12 years)

Students will be **INTRODUCED** to foundational water adjustment skills including submerging, blowing bubbles, and floating/swimming on front and back. Water safety skills are incorporated into each class.

Swim Skills Needed: None

STEP 2 (6-12 years)

Students will **BUILD** on foundational swimming skills. Skills include rhythmic breathing, streamline glides, kicking and a continued introduction to front crawl. Water safety skills are incorporated into each class.

Swim Skills needed: Student must be comfortable going underwater and blowing bubbles. Student must be able to float on front and back without flotation or assistance and swim on front at least 3 yards with face in water to join this class.

STEP 3 (6-12 years)

Students **begin to refine** specific arm and leg actions used when swimming front crawl and back crawl. Elementary backstroke, breaststroke kicking and dolphin kick will be added to this step. Swimmers will begin to increase endurance as they navigate the class. Water safety skills are incorporated into each class.

Swim Skills Needed: Student must be able to perform 10 bobs with bubbles, glide on front with face in water for 5 yards, glide on back for 5 yards with arms at side, and swim front crawl with face in water for 5 yards to join this class.

STEP 4 (6-12 years)

Students will **begin to master** front crawl, back crawl, and elementary breaststroke. They will be introduced to breaststroke and butterfly. Swimmers will continue to increase endurance through added repetitions. Water safety skills are incorporated into each class.

Swim Skills needed: Student must be able to swim front crawl for 12 yards, swim backstroke for 12 yards, swim elementary backstroke for 12 yards, streamline.

STEP 5 (6-12 years)

Students will **continue towards mastery** of all competitive swim strokes, along with being introduced to starts and turns. Swimmers will be challenged to continue increasing yardage for each stroke. Deep water skills geared towards lifeguard readiness and advanced water safety skills will be introduced.

Swim Skills needed: Student must be able to swim front crawl for 25 yards, backstroke for 25 yards, breaststroke for 12 yards and butterfly for 12 yards to join this class.

ADULT/TEEN (13years-adults)

Swim Skills Needed: None

Aqua Drills Class (13 years - adults)

This boot camp style class is for participants looking to challenge intensity. Focus is on strength, stamina, and endurance. Lots of movement, lots of change, lots of varied equipment!

Swim Skills Needed: None

Deep Water Cardio (13 years - adults)

This class offers a no-impact environment in deep water that not only works your heart, but also works on muscle strength and range of motion. All skill levels are welcome as flotation belts are provided; however, participants must be comfortable in deep water.

Swim Skills Needed: *Should be comfortable in deep water*

INTERNATIONAL LIFEGUARD TRAINING PROGRAM (15+ years)

This training program encourages the development of leadership and teamwork skills. The certification includes CPR, First Aid, and water rescue techniques. You will be expected to complete an online study guide prior to admission to class.

Swim Skills Needed: Pre-requisites which include; 200 yard swim using front crawl and breaststroke, feet-first surface dive for a 10 lb. brick, treading water for two minutes with legs only and hands out of water, and climbing out of the pool without the use of a ladder or steps.

Attendance is mandatory for all classes. All candidates must be at least 15 years of age to participate. Any candidate under 18 years of age must have a parent sign off on all forms at the time of registration.