

Swim Class Descriptions

Parent/Child swim: 6 months-2years

This class is designed to acclimate children to the water at a young age. Children participate in the water with their parents as an instructor leads them through exercises, songs and games that will help children learn to put their face in the water, expel water, float, kick, swim towards objects and climb out of the pool.

Note: This class is not designed to teach babies to swim or float independently of their parents. The goal is water acclimation and gaining comfortability for general swimming or in preparation for future swim classes.

Preschool swim: 3-5 years of age

Pike: Beginner

This class is designed for the preschool beginner that has had little to no real experience in the water. Children participate without parents, and work on floating on front and back, kicking on front and back, bubbles, putting their face in the water, basic paddle stroke (big arms), pool safety, boating safety, and water adjustment. There are no pre-requisites for enrollment, other than age.

Eel: Advanced Beginner

This class is designed for children that can already swim 3-5 feet on their own in any fashion, and can put their entire face in the water without fear. Participants work on basic paddle stroke (big arms), front and back kicking, front and back floating, front and back glide, intro to treading water, and increasing endurance. Swimmers will also learn about water safety/rescue. To move to next level, must swim with face in water 8-10ft without assistance.

Ray: Intermediate

Ray (intermediate) must complete Eel or swim equivalent to enter. Swimmers are introduced to rudimentary rhythmic breathing, which helps them know when to breathe on a rhythmic basis. They will also work on elementary backstroke, bobs in shallow water, and jumping into deep water while continuing to increase endurance. To move to the next level, must swim freestyle and elementary backstroke 20ft without assistance. Swimmers will also learn about water safety/rescue.

Starfish: Intermediate Advanced

Must complete Ray or swim equivalent to enter. Swimmers refine front/back strokes and work on endurance. They will be introduced to side stroke, and to the lap pool. Swimmers will also work on water safety/rescue. To move to the next level, swimmers must be able to swim multiple lengths of the training pool using the strokes and rudimentary rhythmic breathing they have been practicing.

Youth Swim: 6-13 years of age

Polliwog: Beginner

Swimmers are introduced to blowing bubbles, floating, and front/back paddle. They will also learn about water safety/rescue. To move to next level, must perform paddle stroke on front/back for 25 yards with IFD and 15 feet without assistance.

Guppy: Advanced Beginner

Swimmers are introduced to rotary breathing, which helps them learn to turn their bodies in order to breathe. They will also work on diving, side stroke, elementary back stroke and breast stroke. Swimmers will also learn about water safety/rescue. To move to next level, must swim 25 yards freestyle/backstroke without assistance.

Minnow: Advanced

To begin this level, swimmers can already swim 25 yards of basic strokes. Swimmers will refine all strokes with exception of butterfly, and are introduced to bilateral breathing. To move to next level, must swim all strokes 50 yards without assistance and tread water for 30 seconds using rotary, scissor or breaststroke kick.

Fish: Advanced Intermediate

Swimmers are introduced to butterfly. Swimmers will refine all strokes and must be able to swim 50 yards without assistance and show use of bilateral breathing when appropriate. Participants will learn the basics of diving and treading water while using only their legs.

Flying Fish: Advanced Intermediate

Flying Fish is for children who can already swim 50-75 yards freestyle, backstroke, and breaststroke with appropriate breathing methods. It is designed as a swim team preparatory class. Students will focus on technique and endurance, with further work on butterfly, continued work on safety, treading water, and diving.

Shark: Advanced

This level is designed as further preparation and practice for swim team. Swimmers will work on improving their times and endurance. In this level, swimmers will work on 100-yard individual medley and will learn stroke variations. Continued focus on safety, rescue techniques and water sports.

Swim League:

Swim league is designed for kids ages 6-13 years old who must meet certain requirements in order to enroll. Ages 6-12 years old must be able to swim 50 yards of each stroke with appropriate stroke kick without stopping. Age 13 must be able to swim 100 yards of all strokes with appropriate stroke kick without stopping. During practices they will work on stroke technique, endurance, improving times and relays. Swim league has a swim meet once a month.

Adult: Ages 14+

Adult Beginner

Participants will learn basic beginner structure and technique of swimming while also learning to control buoyancy and balance in the water. This class is designed for non-swimmers just starting out but are comfortable in the water.

Adult Intermediate

Participants will learn intermediate level skills in class and work on building endurance while learning new technique for strokes like freestyle, breast stroke, backstroke, side stroke, and other drills.

Adult Advanced

Participants will work on stroke technique and development as well as endurance building and increasing confidence in the various strokes (freestyle, breast stroke, backstroke, side stroke, and other drills). This class is designed to be a vigorous class.