Overview of Classes – Session 5
Child must be potty-trained before the beginning of the session.
(Some classes may not be offered on both Monday-Weds and Saturday)

PRESCHOOL (Age 3-5)
Preschool 1
We start with water comfort, blowing bubbles*, getting our face in the water and working up to floating and gliding with assistance. We introduce kicking and arm strokes as the swimmer is ready. We incorporate games into our teaching to keep it fun. Perfect for getting little ones on the road to being water safe. *Bubbles are an essential building block to learning rhythmic side breathing eventually.

Preschool 2
Our swimmers begin to explore the water with more confidence. Building on the foundation of skills learned in preschool 1, we teach gliding with kicking, continued work on arm strokes and rhythmic breathing with bobbing and to the side as they are ready.

Preschool 3
Our students work on gliding, kicking and swimming through the water independently on their Front and back. Elementary Backstroke is introduced as well as regular Backstroke. We incorporate side breathing with Front Crawl stroke, treading water and as they are ready, introduce Breaststroke.

YOUTH LESSONS (age 6-12)
Youth 1
We start with water comfort, getting our face in the water and working up to floating and gliding with assistance. Rolling from Front to back float and introduction of kicking and arm strokes. Introduction of streamlining and Front Crawl as they are ready. We introduce treading water at this level.

Youth 2
Our swimmers begin to explore the water with more confidence. Building on the foundation of skills learned in Youth 1, we teach gliding with kicking, continued work on arm strokes and rhythmic breathing with bobbing and then side breathing. Introduction of Front Crawl and Backstroke and treading water.

Youth 3
Our students work on swimming through the water independently on their Front and back. Elementary Backstroke is introduced as well as regular Backstroke. We incorporate side breathing with Front Crawl stroke. Basic Breaststroke is taught as well as treading water.

Youth 4
Our Youth 4 swimmers continue to work on Front Crawl with side rhythmic breathing, Backstroke, elementary Backstroke and Breaststroke. In addition to increasing time of treading water, we include underwater swimming.

Stroke Refinement Class
In this class, the swimmer is already swimming Front Crawl, Back Crawl and Elementary Backstroke, and treading water for one minute. Stroke Refinement Class focuses on refining the strokes the swimmer can already do and teach Breaststroke and Butterfly, along with proper streamlines, open turns and flip turns if ready.