

Swim lessons class description:

Water Tots – This class is for children ages 6 months to under 3 years. Parents are in the water with the child and each child will progress at their own level.

Little Flippers – Class is designed for beginners. Children begin to get comfortable in the water and learn how to blow bubbles and put their face in the water. The class also teaches fundamentals of kicking, basic stroke motion and basic water safety.

**Level I & II – Advanced Stroke instruction for freestyle and backstroke. Floating on the back and on the front, and basic diving.
Water safety is also part of this class.**

Level III & IV – These levels involve learning stroke technique for breaststroke and butterfly. Laps of freestyle and backstroke to develop endurance along with treading water and advanced diving.