Adult
(14+)
Course Overview

Swim lessons and water safety for teens and adults

Beginner:
No entry skill requirements

Introductory swim lessons for complete beginners- no previous experience required! This class focuses on learning the basics: water adjustment, basic breath control, floating and kicking.

Intermediate:
Entry skill requirements: Must be able to tread water for 1 minute, be comfortable putting face in the water and able to swim 1 length (25 yards) of elementary backstroke independently

Builds on the skills learned in the beginner class to introduce whole swim strokes. Emphasis on kick technique and gaining confidence working in deep water.

Advanced:
Entry skill requirements: Must be able to jump into deep water, resurface independently and swim to the wall, tread water for 2 minutes continuously and swim 1 length (25 yards) with sustained good kick technique in flutter kick, whip kick and dolphin kick.

Teaches breaststroke and sidestroke in addition to building stamina in front crawl and backstroke. Introduces turns, transitions and dives

Stamina training:
Entry skill requirements: Competent in all 4 competitive swim strokes.

Get your swim workout in! This class focuses on building endurance and aerobic fitness for those with a strong swim background.