

Group Swim Lessons



Two-week sessions (Mon - Thur): \$40

Children must be 4 years old to take group swim lessons.

2024 Swim Lessons Schedule

SESSION 1 June 3-14

9:00-9:45 AM: Level 1, Level 3, Level 4

10:00-10:45 AM: Level 1, Level 2, Level 5

11:00-11:45 AM: Pre-school, Level 2, Level 3

5:30-6:15 PM: Level 1, Level 2, Level 3, Level 4

SESSION 2 June 17-28

9:00-9:45 AM: Pre-school, Level 2, Level 4

10:00-10:45 AM: Level 1, Level 3, Level 6

11:00-11:45 AM: Pre-school, Level 2, Level 3

SESSION 3 July 1-3 and 8-12 (No class on 4th; includes class on Friday, 12th)

9:00-9:45 AM: Level 1, Level 2/3, Level 5

10:00-10:45 AM: Pre-school, Level 2, Level 3/4

11:00-11:45 AM: Level 1, Level 3, Level 4

SESSION 4 July 15-26

9:00-9:45 AM: Level 1, Level 2, Level 3/4

10:00-10:45 AM: Pre-school, Level 3, Level 5&6

11:00-11:45 PM: Level 2, Level 4, Parent & Child

Brief Description of Swim Classes

Parent and Child Aquatics – Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety info for parents and teach techniques parents can use to orient their children to the water. Parent/caregiver must accompany child in class.

Preschool Aquatics – Enter and exit water independently, move independently in the water, submerge and blow bubbles, glide on front, roll from front to back, float on back, recover to a vertical position. Enter and exit chest-deep water from deck, maintain treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, float on back and front, roll from back to front, recover from float to vertical position, combined stroke using arms and legs on front.

Learn-to-Swim (LTS) Level 1 – Introduction to Water Skills – Enter/exit water independently, blow bubbles and bob, glide on front and back, roll front to back, back float and recover to a vertical position.

Learn-to-Swim (LTS) Level 2 – Fundamental Aquatic Skills – Enter and exit chest-deep water from deck, maintain treading or floating position for 15 seconds, swim on front and/or back, submerge and hold breath, float on front and back, combined stroke on front, change direction while swimming. Have the ability to self-rescue unassisted.

Learn-to-Swim (LTS) Level 3 – Stroke Development – Jump into deep water, head first entry, treading or floating for 1 minute, rotary breathing, front crawl, breaststroke, and elementary backstroke, scissor kick, change positions (vertical/horizontal).

Learn-to-Swim (LTS) Level 4 – Stroke Improvement – Improve proficiency in front crawl, breaststroke, and elementary backstroke, sidestroke, change directions while swimming, back crawl, submerge and swim underwater.

Learn-to-Swim (LTS) Level 5 – Stroke Refinement – Shallow-angle dive, surface dives, front flip turn, tread water and leg-only tread water, butterfly stroke, sculling on back, increase distance using all learned strokes.

Learn-to-Swim (LTS) Level 6 – Swimming and Skill Proficiency – Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke, turns, survival floating, extended treading.

Private Swim Lessons



Private swim lessons: \$25 per 30 minute lesson.

Online Registration form for Private Swim Lessons will be available beginning May 25, 2024.

Supporting Documents

2024 Swim Lesson Registration Form
217.68 KB