



Swim Lesson Class Selection

For what level should I sign up my child?

Starting with your child's age, follow the path answering the questions to find the class right for your child.



AGES 1-3

PARENT CHILD

The goal of this class is to provide the parent with bonding time with their child in a fun, enjoyable atmosphere. Skills covered in this course include exploring buoyancy on the front and back, and introduction to submerging the mouth, nose, and eyes.

AGES 6-15

YOUTH LEVELS

AGES 3-5

PRESCHOOL LEVELS

Preschool Level 2
(Ages 3-5)

NO

Can your child do a front float and back float on their own?

YES

Can your child go underwater by themselves?

NO

Preschool Level 1
(Ages 3-4)

YES

Preschool Level 3
(Ages 3-5)

YES

Can your child do a front float on their own?

NO

Level 1
(Ages 6-10)

Can your child swim 15 yards on front and back using combined arm and leg action?

YES

NO

Level 2
(Ages 6-13)

YES

Can your child swim length of pool using front crawl & elementary backstroke?

NO

Level 3
(Ages 6-13)

Can your child swim full length of pool down and back using front crawl, back crawl & breaststroke without stopping?

YES

NO

Level 5
(Ages 8-13)

Level 4
(Ages 8-13)

AGES 16+

ADULT GROUP LESSONS

It's never too late to learn how to swim and become more comfortable in the water! Classes are designed for adult swimmers wanting to learn basic swim skills and progress into learning swim strokes.

ALL AGES

PRIVATE LESSONS

Private lessons are individualized to each participant at a 1:1 student to instructor ratio.