

CHILD & PARENT AQUATICS - Parent(s) must accompany their child(ren) ages 6 months through 5 years as they practice water entry, bubble blowing, kicking, floating, underwater exploration and more.

LEVEL 1 - INTRODUCTION TO WATER SKILLS - Helps students feel comfortable in the water. Basic water safety rules, submerging face, opening eyes underwater and picking up submerged object, exhaling underwater, floating and swimming on front and back, recognizing a distressed swimmer and getting help.

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS - Gives students success with fundamental skills. Front and back glide, submerging entire head, bobbing in water, jellyfish float, moving in water while wearing a life jacket, treading water, swimming using combined stroke on front and back, recognizing a distressed swimmer and getting help.

LEVEL 3 - STROKE DEVELOPMENT - Builds on the skills by providing additional guided practice. Front and back glide, front and back crawl, reaching assist, submerging and retrieving an object, kneeling dive, rotary breathing, back float, survival float and butterfly kick.

LEVEL 4 - STROKE IMPROVEMENT - Develops confidence in the strokes learned and improves other skills. Front and back crawl, survival float, back float, safe diving rules, stride dive, elementary backstroke, breaststroke, butterfly, throwing assist and feet-first surface dive.

LEVEL 5 - STROKE REFINEMENT - Provides further coordination and refinement of strokes. Front and back crawl, elementary backstroke, butterfly, breaststroke, sidestroke, standing dive, survival swimming, rescue breathing, front and back open turns, tuck and pike surface dives, front flip turn and backstroke flip turn.

LEVEL 6 - SWIMMING & SKILL PROFICIENCY - Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Personal water safety, lifeguard readiness, diving fundamentals and fitness swimming.

PRIVATE SWIM LESSONS - Contact the pool manager if you are interested in private lessons.

LIFEGUARD TRAINING & WATER SAFETY INSTRUCTOR TRAINING - Contact the pool manager if you are interested in lifeguarding courses or water safety instructor courses. Courses have minimum age requirements.