



What Level are you?

It is never too late to advance your skills and learn some new ones!

Sign Up Today!



Level 1:

Participants become comfortable in the water learning basic safety skills.

Safety topics include pool rules, recognizing lifeguards, and safe water entry.

Skills:

- Enter and exit the water
- Blowing bubbles
- pick up object underwater
- Front/back float
- Front/back blast offs
- Flip flops (rolling from front to back)
- Flutter kick on the wall
- Treading water motions

Level 2:

Participants learn to swim without support.

Safety topics include being able to recall parent/guardians names.

Skills:

- Jump into chest deep water and return to the edge of the pool
- Bob underwater and hold breath
- Front/back float
- Flip flops (rolling from front to back and back to front)
- Flutter kicks with kick board
- Treading water
- Front/back crawl
- Breaststroke kick

Level 3: Participants learn to be comfortable with new skills in deep water and learn new strokes. Safety topics include helping yourself in an emergency.

Skills:

- Jump in to deep water and return to the wall
- Front/back float in deep end
- Flutter kick on front/back with kick board
- Tread water in deep end
- Front crawl and rhythmic breathing
- Elementary backstroke, Breaststroke kick, and Breaststroke arm motion

Level 4: Participant increase endurance, improve skills. Safety topics include basic first aid, and assisting others.

Skills:

- Feet first surface dive in the deep end
- Somersault
- Open turn: front/back crawl
- Treading water
- Flutter kick on front/back with kick board
- Breaststroke kick with kickboard
- Front/back crawl
- Elementary Backstroke, Breaststroke, and Dolphin kick

Level 5:

Participants learn ways to improve efficiency for strokes previously learned.

Skills:

- Feet-first surface dive to 7ft. and pick up and object
- Flip turn: Front and back
- Treading water
- Flutter/dolphin/breaststroke kick with kickboard
- Front/back crawl with flip turns
- Elementary backstroke
- Breaststroke, Butterfly, and Sidestroke

Little Flippers 1:

Little Flippers 1 swim classes are for 6 month-4 year olds and their parents! Help your child adjust to the water in a fun way.

- Introduction to floating
- Blowing bubbles
- Submerging
- Kicking

Little Flippers 2:

Little Flippers 2 swim classes for 3-5 year olds without their parents! This lesson involves the same skills as LF 1 without the parents!