

Course Descriptions

AquaBabies (Parent/baby)

This class familiarizes young children ages six months-three years to the water and prepares them to learn to swim while teaching parent techniques that help orient their children to the water. Parents are in the water.

AquaTikes (Parent Assisted)

An introduction to water safety for children 3-6 years old that have little or no swim lesson experience. This class will help students with water acclimation, water entry, and breath control. They also learn to enjoy the water safely. This class involves games to encourage submersion. *Children under 6 and parent must be in water.*

AquaKids I

Students begin floating on front and back. This class also develops front and back crawl leg action. Students learn breath control, floating, and submersion through games and activities. *Must be 6 years or older before class begins.*

AquaKids II

Students refine front and back crawl leg action, breath holding, rhythmic breath control, back kick, in-line kick, and basic front and back crawl arm movements. *Must be 6 years or older before class begins.*

AquaKids III

Stroke development: builds on the skills in AquaKids II by providing additional guided practice. Students learn treading water, sculling, elementary backstroke, and build stamina. *Must be 6 years or older before class begins.*

AquaKids IV

Stoke Improvement: develops confidence and endurance in the strokes learned in AquaKids III. Students begin deep water bobbing, and feet first jumps from side of deep water pool. Students refine freestyle, elementary backstroke and side stroke. *Must be 6 years or older before class begins.*

*****Note to the parents*****

Each level teaches skills that take time to master. We take pride in the quality of our lessons, and it is important to us that swimmers master each level before advancing. Each child is different and progresses at different rates. Please take time to review the class descriptions below to determine the most appropriate level to start. Once in the program we will provide level recommendations after each swim session.

Swim Lessons Schedule 2015

** Classes are held Monday, Tuesday, Thursday, and Friday

** All scheduled classes last 30 minutes and start on time

	Session 1 June 15-19	Session 2 June 22-26	Session 3 July 5-10	Session 4 July 13-17	Session 5 July 20-24	Session 6 July 27-31	Session 7 Aug 3-7	Session 8 Aug 10-14	Session 9 Aug 17-21
AquaBabies	8:30am		9:30am		8:30am		9:30am		9:30am
AquaTikes	9:00am	9:30am	8:30am	9:00am	9:00am	9:30am	8:30am	9:00am	8:30am
AquaKids I	9:30am	8:30am	9:00am	9:30am	9:30am	8:30am	9:00am	9:30am	9:00am
AquaKids II	10:00			8:30am	10:00am	9:00am		8:30am	
AquaKids III		9:00am		10:00am				10:00am	
AquaKids IV			10:00am			10:00am			