

Swim Lessons

Privates: \$100 for three lessons

Group Cost: \$30.00 for members \$40.00 for non-members

Group and private lessons meet for 25 minutes.

4 students in group lessons

Age Groups 5-7

Beginner 1

This class is designed for children that are unable to go underwater or are fearful. Students will be introduced to front and back floating, gliding, breathing and freestyle.

Beginner 2

This class is designed for children that are already adjusted to the water (***able to go under independently***) and may be able to swim a short distance independently but lack breathing. Students will review front and back floating, gliding, and be introduced to breathing, freestyle, and backstroke.

Beginner 3

This class is designed for children that can swim but lack endurance, build confidence in the deep end or proper technique. Students will improve their freestyle and backstroke, reinforce proper breathing technique, and be introduced to diving.

