

# Swim Lessons

Group lessons meet for 25 minutes / 4-5 students

**Group Cost: \$40.00 for members \$50.00 for non-members**

**Age Groups 3-4, 5-7 and 8-10**

## Parent and Me

This class is designed for children 12 months-36 months. Swim diaper/plastic pants are required. Parents will be instructed with their children about water safety and beginning swimming skills through songs and water play. Parent must be in the water. (Limited to 10)

## Beginner 1

This class is designed for children that are unable to go under the water 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 are able to 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.

