

Tadpole: This beginner level is designed for the school-age children to develop safe pool behavior, and the basics to develop independent movement. Instruction includes proper body positioning on the front, back, and side, floating, gliding and kicking skills.

Polliwog: This beginner level is for children who are able to swim 25 yards on the front, back, and side with good form. Participants at this level will start developing a rudimentary front, side, and back crawl.

Guppy: This advanced beginner level will continue working on the front crawl by adding rotary breathing. Back crawl skill will continue to develop endurance and the front and back symmetrical pull will also be introduced to start the elementary backstroke and the breaststroke pull.

Minnow: This intermediate level will continue developing the rudimentary strokes from the Guppy and will introduce the scissor and breaststroke kicks, to develop a rudimentary sidestroke and breaststroke.

Fish: At this advanced intermediate level students will perfect the strokes from the minnow level and develop glides and turns used in continuous swimming. Students will be introduced to the butterfly stroke.

Flying Fish: This advanced level uses drills to refine the technique of all strokes learn previously. Students should be able to perform the front, back, side, breast, elementary back and butterfly strokes with turns, proper form, and endurance.

Shark: At this advanced level students will be introduced to the inverted breaststroke and the over arm sidestroke. All strokes are now performed using a start and a turn. More continuous swimming is encouraged to develop endurance. Children are exposed to a wider range of aquatic experiences through games, volunteering and mentoring.

Porpoise: This final level gives children the opportunity to develop their speed and endurance for the complete stroke from start to finish. These advanced swimmers are now developing rescue techniques and leadership skills.

Adult Swim: Classes are for the fearful to intermediate and advanced.

Parent/ Child: Instructor led parent and child (6months - 3yrs) enjoy singing songs and playing in water allowing the child the opportunity to become accustom to the water.

One, Two and You: This is a 30 minute gym program followed by a 30 minute pool session. Instructor, parent and child enjoy singing songs and playing in the water allowing the child to become accustom to the water.

Pre-School: This is a beginner level to help children develop safe pool behavior, adjust to the water, and develop independent movement. Instruction will focus on developing proper body positioning on the front, back, and the side allowing the child to develop the paddle stroke, kicking skills, and comfort in putting the face in the water while blowing bubbles and moving.

Art/ Gym and Swim: A program designed for 3-5 years of age. Art activities include drawing/coloring, painting, gluing, cutting, tracing, and development of fine motor skills. Gym-activities are for coordination, physical fitness and fun. Swim portion will develop beginner through advance preschool swimming levels. There is a 30 minute class with a 15 minute break between each activity.

Synchronized Swim Lessons: A sport in which swimmers perform coordinated movements in time to music. This is a 30 minute class. Ages 8 and up, minnow level and above.