

SWIM LESSONS LEVELS

1A – Guppies – will gain confidence in the water while learning key skills like front and back floats, streamline gliding, and swimming on their own with feet off the bottom. They'll also practice jumping into chest-high water, building both fun and independence. It's all about helping them feel more comfortable and capable as they splash their way to success!

2A – Tuna - will focus on the fun of perfecting freestyle with strong arms and the right head position for smooth, confident strokes. Kids will also learn the jellyfish float, a key survival skill to help them feel safe and calm in the water. Plus, they'll kick it up with front and back kicking, building strength and independence with every splash!

1B – Goldfish – will focus on gliding through the water with a perfect streamline body position and the right head placement for freestyle. Kids will dive into freestyle breathing, treading water, and building confidence in deep water. It's all about having fun while gaining the skills to feel strong and safe in the pool!

2B-Sailfish - will have your child gliding through the water with smooth freestyle strokes and perfect breathing technique. They'll build stamina while gaining confidence in deep water, making every splash feel like a mini adventure! It's all about fun, freedom, and becoming a stronger swimmer with each lesson!

2C- Swordfish - will have a blast perfecting their freestyle technique while learning essential treading skills to stay safe and strong in the water. They'll also get a splash of fun with an introduction to backstroke, adding variety to their swimming skills. It's all about building confidence, having fun, and becoming a more independent swimmer with every stroke!

3- Barracuda -- will master freestyle and backstroke, dive into the deep, and explore underwater swimming like little fish! They'll also get to try out the elementary backstroke, adding a smooth and easy stroke to their growing skillset. It's all about having a blast while building confidence and swimming like a pro!

4- Marlin – will dive into being introduced to the sidestroke and breaststroke, adding new skills to their swimming repertoire! They'll also build stamina and refine their freestyle and backstroke techniques, making every stroke smoother and stronger. It's a splash-tastic journey of confidence, technique, and adventure in the water!

5- Dolphin – will continue perfecting their breaststroke and sidestroke while adding the exciting butterfly stroke to their skill set! They'll also keep building strength and technique in freestyle and backstroke, becoming more confident with every splash. It's all about swimming with style and building a strong foundation for every stroke!