

CLASS DESCRIPTIONS

Parent/Tot – (teaching ratio 10:1)

40-minute class with 30 minutes of instruction & 10 minutes of free swim.

For infants 6-months or older and toddlers not ready for group lessons. Parents learn methods and progressions to help their child become comfortable in the water. Parent is required to be in the water with child. All children 3 and younger must wear swim diapers.

Beginner - (teaching ratio 4:1)

40-minute class.

For children 3-years & older who are ready to learn in a group lesson without a parent in the water. Child may not be comfortable in the water and cannot yet float or swim independently. Skills taught include learning comfortable submersion, assisted float on back, assisted beginner stroke on front and unassisted front float. Children not yet potty-trained must wear a swim diaper.

Advanced Beginner - (teaching ratio 5:1)

40-minute class.

For children who are comfortable in the water and can float on their front independently. Skills taught include learning beginning breath control, unassisted beginner strokes on front and back, and learning to swim longer distances by being able to “catch a breath” and keep going.

Intermediate - (teaching ratio 6:1)

40-minute class.

For children who can swim approximately 12 yards (width of our therapy pool) on their front and back. Skills taught include learning freestyle with rhythmic breathing and backstroke.

Stroke Development – (teaching ratio 6:1)

40-minute class.

For children who have passed the intermediate level. Child must be able to swim freestyle with side breathing and backstroke for 25 yards (length of lap pool). Child must be comfortable in the deeper water lanes of the lap pool (maximum 5 feet deep). Skills taught include improving freestyle, backstroke and learning beginning drills for breaststroke and butterfly. Class is held in the lap pool with the instructor in the water.

20-minute - Private Lessons- (1:1) **Immediately following all Saturday daytime group lessons.**

A one-on-one 20-minute private lesson taught by one of our qualified instructors. Pre-registration is required. Please call the Swim Lesson Coordinator, at 810-606-7540 for more information, costs and to register. **Cancellations must be made within 8 hours, by calling 606-7540 or the lesson fee will be charged. There are no refunds or make-ups for missed private lessons unless cancelled within 8 hours. Register early as these private lessons fill up quickly.**