

Parent & Child (6mo.-3yrs.) - (Parent & 6mo-3yrs) - This class is designed as an introduction to the water. It is important to understand that this class is not designed to teach children how to survive in the water on their own. Instructors will provide songs and fun activities to teach infants and toddlers developmentally appropriate water safety skills such as entering and exiting the water safely, feeling comfortable in the water, submersion, floating, changing body position, and playing safely in the water. An adult must be in the water with the child. (Ratio 12:1)

Swim School A (2yrs. - 5yrs.) – In this class, instructors teach swim readiness and class readiness skills in an engaging environment. Parents are allowed to accompany the child, but to pass the class the child must be consistently comfortable in the water without the parent. This class teaches water safety skills which include entering and exiting the water independently, submersion, floating and recovery, and rolling from front to back and back to front. (Ratio 4:1)

Swim School B1 (2yrs. – 5yrs.) – This class is for those who are consistently comfortable in the water and/or have passed Swim School A. It focuses forward movement, recovering for air, kicking, and gliding. Survival skills are performed in swimwear and in regular clothes. Skills are similar to Swim School B2, but activities are geared toward younger participants. (Ratio 5:1)

Swim School B2 (5yrs. & up) – This class is for those who are consistently comfortable in the water and are at least 5 years old. It focuses on forward movement, recovering for air, kicking, and gliding. Survival skills are performed in swimwear and in regular clothes. Skills are similar to Swim School B1, but activities are geared toward older participants. (Ratio 5:1)

Swim School C (3yrs. & up) – This class is for those who can make forward movement in the water for 3 yards unassisted and/or have passed Swim School B1 or B2. Participants will work on components of freestyle with proper rotary breathing, treading water, survival floating, and components of backstroke. (Ratio 6:1)

Stroke School Bronze (5yrs. & up) – This class is for those who are able to swim 10 yards on their front unassisted and/or have passed Swim School C. It will teach the mechanics of freestyle and backstroke with proper arm extension and body roll. Participants will work on refining freestyle and backstroke technique while also increasing distance. Diving head first into deep water is introduced in this class. (Ratio 8:1)

Stroke School Silver (5yrs. & up) – This class is for those who are able to swim 10 yards of freestyle and backstroke unassisted and/or have passed Stroke School Bronze. It will teach the mechanics of butterfly and breaststroke with proper kick, pull, timing, and body movements while continuing to expand on freestyle and backstroke technique. (Ratio 8:1)

Stroke School Gold (5yrs. & up) – This class is for those who are able to swim at least 25 yards, tread water for 60 seconds, and/or have passed Stroke School Silver. Participants will continue to refine stroke techniques, learn turns and racing dives, and increase swimming distances. (Ratio 8:1)

Conditioning School (9yrs. & up) – This class is for those who can swim at least 50 yards, know all 4 competitive strokes, and/or have passed Stroke School Gold. Participants must already have a clear understanding of stroke technique as this class is strictly focused on improving swim endurance. *Those that are 8 and under and looking for Swim Team Conditioning, please see Stroke School Classes. (Ratio 8:1)

Adaptive Swim Lessons (5yrs. – 10yrs.) – Adaptive Swim is a class designed to teach swim skills, increase swimmer's knowledge of safety around the water, maintain and increase physical fitness, achieve success, and receive recognition with an aquatic environment. This program is for children ages 5-10 with cognitive or physical disabilities. (Ratio 3:1)

Private Swim Lessons (All Ages) – These lessons are conducted on a one-on-one basis. Skills will be tailored to the individual in conjunction with parent, student and instructor goals. Thirty minutes in length, fee includes two classes (M/W or Tu/Th). (Ratio 1:1)

Dive Lessons 10 and Younger (5yrs - 10 yrs) - This class is designed for those 10 years old and younger. Beginning basics all the way up to intermediate skills will be taught and participants will be divided by skill level. Participants must be able to enter the water head first from the side of the pool. (Ratio 10:1)

Dive Lessons 11 and Older (11yrs - 18 yrs) - This class is designed for those 11 years old and older. Beginning basics all the way up to intermediate skills will be taught and participants will be divided by skill level. Participants must be able to enter the water head first from the diving board. (Ratio 10:1)

Teen Swim Lessons (12yrs. – 17yrs.) – This class is designed for those ages 12-17 who have not had formal swim lessons. It is a beginning class and will work on basic swimming and safety skills. (Ratio 8:1)

Adult Swim Lessons (Adults) - This course is offered for those age 18 and older who have little or no swimming experience. The instructor will work with each participant at their own skill level to develop basic swimming skills. (Ratio 8:1)

Aqua Aerobics (Adults) – This class will tone and firm your body and improve the cardiovascular system through low impact water aerobics. Participants must be comfortable in chest deep water.

Aqua Boot Camp (Adults) – This class is a high intensity boot camp and combines cardio and strength training circuits. You will be challenged with water and land exercises. Aqua shoes or aqua socks are suggested for participants.