

Swim Lesson Classes

A. Beginners

This program is for swimmers with little to no experience swimming. We will acclimate your child to the water, teach water safety, and how to swim freestyle. We will break down the steps by teaching them how to kick, blow bubbles, and pull the water with their arms.

(Age 4 and up. 10:00-10:45)

B. Dolphins

This program is for the moderate swimmer with small to some experience with swimming. We will learn proper swimming technique for freestyle and back stroke. We will practice swimming more efficiently, breathing properly, and swimming longer distances. **(Age 7 and up. 11:00-11:45)**