

Swim Lessons for all ages

Seapups – Parent and Child Aquatics (Ages 6 months – 2 years) **** Parents will be in the water with their child**

This program is designed to help children learn basic aquatic skills including, adjusting to the water environment; showing comfort maintaining a front and back position in water so they are willing and ready to learn to swim. In addition to orienting young children to the water this course also provides parents with information and techniques to create a safer aquatic experience for their children.

Monday's and Wednesdays – June 11th through June 27th

Pricing: Free!

Times: *You may attend one session per day* **Session #1** – 5:00pm-5:30pm **Session #2** – 5:30pm-6:00pm

Seahorses – Parent and Child Aquatics (Ages 2 years to 4 years) **** Parents will be in the water with their child**

This program is designed to build on the skills learned in Seapups and increase swimming skills, building independence from the parent, and develop more safety knowledge. This program is built to prepare swimmers for independent group instruction. Supported back and front floating, bobs, kicking and swimming with instructional aids (noodle, bubble, etc.)

Tuesday's and Thursdays – June 12th through June 28th

Pricing: Free!

Times: 5:30pm – 6:00pm

Seastars – Preschool Aquatics (Ages 4 years to 5 years – developmental readiness, and experience in water should also be taken into consideration)

This program includes basic aquatic skills, which children continue to build on as they progress through Seaturtles and Seadragons of the preschool aquatic and then learn-to-swim programs. In addition, children start developing positive attitudes and safe practices around the water. Unassisted floating, treading, introduction to deep water, swimming unassisted on front.

Monday's and Wednesday's – June 11th, through June 27th

Pricing: Free!

Times: 6:00pm – 6:30pm

Seaturtles – Preschool Aquatics and Learn to Swim – Introduction to water skills (Ages 6+ years– developmental readiness, and experience in water should also be taken into consideration)

The objectives of this program are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level. Many skills in Seastars are performed with assistance, Seaturtles marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Development of Freestyle, Backstroke, Elementary backstroke, and diving.

Tuesday's and Thursday's – June 12th, through June 28th

Pricing: Free!

Times: 6:00pm – 6:30pm

NOTE: ages listed are general guidelines – use skills listed to aid in level selection